TEST 104

Example:

0 **A** stronger **B** wider **C** further **D** higher

0	A	B	C	D
	☐	☐	■	☐

CLUTTER IS BAD FOR YOU

Everyone has to tidy up around the house sometimes, but the new idea known as 'de-cluttering' goes (**0**) . . . . than that. By showing you how to get (**1**) . . . . of all the things you don't need, de-cluttering can actually help you (**2**) . . . . a healthier, less stressful lifestyle. At least, that is the belief of professional 'de-cluttering consultant', Clare Davis. Clare visits her clients in their homes and (**3**) . . . . them on what to keep, what to throw out, and how best to (**4**) . . . . the furniture and storage space.

But Clare does more than just tidying a desk or (**5**) . . . . out a wardrobe that is stuffed with last year's fashion items. She aims to (**6**) . . . . to the root of the problem. According to Clare, if your home is disorganised and untidy then so is your mind, and your happiness and health will (**7**) . . . . as a result. She believes that everything in the house should either have a (**8**) . . . . or be something you really cherish. Many people (**9**) . . . . on to things for the wrong (**10**) . . . . And so the first (**11**) . . . . in Clare's de-cluttering programme is to remove everything her clients don't need, like clothes they have grown (**12**) . . . . of and objects they no longer need.

Clare's clients speak (**13**) . . . . of her. All sorts of people from writers to computer programmers have said they (**14**) . . . . her service useful. Many have said that her de-cluttering programme has (**15**) . . . . them to become more organised.

1	**A** lost	**B** empty	**C** rid	**D** free
2	**A** lead	**B** complete	**C** perform	**D** keep
3	**A** recommends	**B** advises	**C** tells	**D** persuades
4	**A** fix	**B** settle	**C** arrange	**D** regulate
5	**A** cutting	**B** crossing	**C** calling	**D** clearing
6	**A** get	**B** come	**C** catch	**D** gain
7	**A** suffer	**B** harm	**C** damage	**D** hurt
8	**A** target	**B** basis	**C** task	**D** function
9	**A** keep	**B** hold	**C** stay	**D** wait
10	**A** purposes	**B** objectives	**C** reasons	**D** causes
11	**A** degree	**B** act	**C** progress	**D** step
12	**A** tired	**B** fed	**C** sad	**D** worn
13	**A** greatly	**B** highly	**C** deeply	**D** surely
14	**A** discovered	**B** understood	**C** taken	**D** found
15	**A** helped	**B** supported	**C** improved	**D** made

LIVEWORKSHEETS

TEST 105

Example:

0 **A** organising **B** planning **C** targeting **D** programming

0	A	B	C	D
	☐	■	☐	☐

WEDDING BELLS

I love weddings, although I'm not actually (**0**) . . . to get married myself, at least not in the (**1**) . . . future. Marriage, though, is definitely back in fashion. For the last twenty years or so, the trend has been for young people to wait, to (**2**) . . . on their education and their career before thinking about (**3**) . . . down and starting a family. But apparently, things are now changing. The reason, it seems, is that so many famous celebrities are getting married relatively young, and (**4**) . . . a great deal of publicity in the process, and as a result young people are getting (**5**) . . . about the idea of marriage again.

It could be, (**6**) . . . that what seems so appealing is not the idea of married life at all, but rather the (**7**) . . . of a big party and (**8**) . . . of expensive presents. This seems to me the only advantage of getting married. I mean, how often do you actually (**9**) . . . to gather all your friends and family together in one place, all dressed up and on their (**10**) . . . behaviour, with yourself as the (**11**) . . . of attention? But, to tell you the (**12**) . . . , when it comes to weddings, I have a lot in (**13**) . . . with a football fan. I know that I don't actually have to play the game in order to enjoy it. So, as I (**14**) . . . , I love weddings, but only as (**15**) . . . as they are other people's!

1	**A** next	**B** first	**C** near	**D** close
2	**A** commit	**B** dedicate	**C** devote	**D** concentrate
3	**A** turning	**B** cutting	**C** settling	**D** pulling
4	**A** catching	**B** gaining	**C** earning	**D** keeping
5	**A** excited	**B** interested	**C** fascinated	**D** attracted
6	**A** although	**B** despite	**C** therefore	**D** however
7	**A** hope	**B** thought	**C** wish	**D** luck
8	**A** loads	**B** packs	**C** crowds	**D** pots
9	**A** succeed	**B** enable	**C** manage	**D** arrive
10	**A** top	**B** best	**C** ideal	**D** perfect
11	**A** spot	**B** centre	**C** heart	**D** middle
12	**A** fact	**B** reality	**C** honesty	**D** truth
13	**A** common	**B** familiar	**C** similar	**D** alike
14	**A** remark	**B** say	**C** tell	**D** speak
15	**A** long	**B** well	**C** soon	**D** far

LIVEWORKSHEETS

TEST 106

Example:

0 **A** benefits **B** profits **C** winnings **D** favours

0	A	B	C	D
	■			

EXERCISING TO MUSIC

All sorts of sportspeople say that there are great **(0)** .... to be gained from exercising to music. It's an opinion which is shared by sports scientists at London University who have been studying the **(1)** ..... of music on exercise performance. They have now **(2)** .... that listening to motivating tunes can help people to get fit quicker. They discovered that the right tunes not only inspire people to start exercising in the first **(3)** ...., but also enable them to **(4)** .... out for longer. Music can calm someone down after a stressful day, so that they are more in the **(5)** .... to exercise. But also, **(6)** ... on the rhythm of music helps people to **(7)** .... going when they are getting tired.

The researchers attended gyms in various countries to **(8)** ... the reactions of different age groups to different types of music. Interestingly, they found that it is the music that people **(9)** ... with their youth that inspires them most. The researchers also visited international athletics' meetings, and found that music can also help **(10)** ... athletes to perform to a higher **(11)** ..... Before and during a competition, it can **(12)** ... vital changes to their mental state, which can **(13)** ... the difference between winning and losing.

The British fitness industry is **(14)** ... the findings seriously. Several leisure companies have (15) .... surveys to ask members about their musical preferences.

1	**A** effects	**B** force	**C** significance	**D** results
2	**A** checked	**B** relied	**C** defined	**D** proved
3	**A** step	**B** case	**C** place	**D** instance
4	**A** wear	**B** make	**C** work	**D** draw
5	**A** humour	**B** mind	**C** state	**D** mood
6	**A** thinking	**B** concentrating	**C** visualising	**D** reflecting
7	**A** keep	**B** stay	**C** hold	**D** continue
8	**A** regard	**B** follow	**C** observe	**D** remark
9	**A** associate	**B** combine	**C** accompany	**D** join
10	**A** head	**B** top	**C** chief	**D** upper
11	**A** average	**B** standard	**C** measure	**D** amount
12	**A** turn on	**B** set up	**C** bring about	**D** let in
13	**A** mean	**B** represent	**C** allow	**D** cause
14	**A** seeing	**B** taking	**C** doing	**D** acting
15	**A** drawn up	**B** written up	**C** handed in	**D** filled in

LIVEWORKSHEETS

TEST 107

Example:

0 **A** interested **B** determined **C** fascinated **D** decided

0	A	B	C	D
	■			

GREENFORCE

If you're (0)..... in having the trip of a lifetime, but also doing something useful at the same time, then why not try (**1**)..... a Greenforce expedition as a volunteer. Greenforce, which was (**2**)..... in 1997, is an international research agency that (**3**)..... information about the wildlife and natural habitats in various parts of the world. There is a qualified biologist in (**4**)..... of each team of volunteers and these carry out surveys all year (**5**)..... in some of the world's remotest and most beautiful places. Volunteers come from all walks of life. The minimum age is 18 years, but there is no upper age (**6**)..... No previous experience is necessary as Greenforce provides (**7**)..... training in animal identification and survey (**8**)..... You'll need to be somebody who enjoys the outdoor life, however, as working in remote (**9**)..... can be challenging. You'll also need to be (**10**)..... about wildlife and prepared to learn a lot about the place you visit. Each expedition (**11**)..... for ten weeks, and training begins in the UK with a residential weekend where you can get a (**12**)..... of expedition life and (**13**)..... up with some of your team mates, as (**14**)..... as learning about first-aid and basic survival skills. Each volunteer (**15**)..... £2,550 towards the cost of the expedition, but past volunteers say it is worth every penny.

1	**A** joining	**B** going	**C** seeing	**D** enrolling
2	**A** brought about	**B** set up	**C** put on	**D** got off
3	**A** harvests	**B** spots	**C** gathers	**D** picks
4	**A** head	**B** guide	**C** lead	**D** charge
5	**A** round	**B** over	**C** forward	**D** away
6	**A** point	**B** limit	**C** deadline	**D** frontier
7	**A** full	**B** whole	**C** entire	**D** absolute
8	**A** uses	**B** ways	**C** methods	**D** means
9	**A** residences	**B** positions	**C** resorts	**D** locations
10	**A** fond	**B** passionate	**C** keen	**D** attracted
11	**A** lasts	**B** spends	**C** passes	**D** takes
12	**A** touch	**B** drop	**C** trial	**D** taste
13	**A** strike	**B** know	**C** meet	**D** speak
14	**A** long	**B** well	**C** far	**D** soon
15	**A** contributes	**B** affords	**C** agrees	**D** combines

LIVEWORKSHEETS

TEST 108

Example:

0 **A** production **B** work **C** commerce **D** industry

0	A	B	C	D

THE TOURIST TRAP

Tourism is the fastest-growing (**0**) . . . . in the world. As well as bringing prosperity to an area, however, it can also destroy the qualities which (**1**) . . . . visitors in the first (**2**) . . . . . If it is not carefully controlled, tourism can also (**3**) . . . . problems for local people, as is (**4**) . . . . by various examples from around the world.

When Phuket in Thailand first became a popular tourist (**5**) . . . . , people there were unable to (6) . . . . with the increase in rubbish that 2 million visitors a year (**7**) . . . . and a huge incinerator had to be built in the countryside to deal with it. New hotels at Goa in India caused a huge increase in water consumption, (**8**) . . . . many local people to walk considerable (**9**) . . . to get clean water. And Egypt's desert landscapes are being destroyed by the litter (**10**) . . . by tourists. Moving sands are difficult to clean, and the white desert to the west of the Nile Valley may be permanently (**11**) . . . . .

It's encouraging, therefore, to read about the (**12**) . . . . of certain tour companies who are organising environmental holidays in some of the worst hit areas. Regular tours now go to places (**13**) . . . . the Himalayas and Atlas mountains in North Africa with the (**14**) . . . . of combining a bit of sightseeing with the chance to help (**15**) . . . . some of the mess left by previous visitors.

1	**A** convinced	**B** attracted	**C** persuaded	**D** appealed
2	**A** place	**B** point	**C** position	**D** purpose
3	**A** lead	**B** form	**C** create	**D** invent
4	**A** displayed	**B** presented	**C** exhibited	**D** shown
5	**A** destination	**B** position	**C** terminus	**D** departure
6	**A** handle	**B** treat	**C** cope	**D** check
7	**A** reject	**B** involve	**C** establish	**D** produce
8	**A** forcing	**B** making	**C** encouraging	**D** urging
9	**A** extents	**B** distances	**C** spaces	**D** lengths
10	**A** fallen	**B** sunk	**C** lowered	**D** dropped
11	**A** injured	**B** touched	**C** affected	**D** influenced
12	**A** attempts	**B** efforts	**C** strains	**D** duties
13	**A** as well as	**B** as for	**C** such as	**D** so as to
14	**A** aim	**B** plan	**C** wish	**D** hope
15	**A** rub out	**B** care for	**C** break off	**D** clear up

LIVEWORKSHEETS

TEST 109

Example:

0 **A** view **B** image **C** vision **D** shot

0	A	B	C	D
	☐	■	☐	☐

THE ORIGIN OF THE WIZARD'S HAT

The popular (**0**) . . . . of the wizard, an old man in a tall hat who has magical powers, is a (**1**) . . . . one in European myths and fairy tales. But (**2**) . . . . to a team of German archaeologists, people who looked like wizards may really have existed as (**3**) . . . . ago as the Bronze age, and they really did wear pointed hats. But these were not the cloth hats we (**4**) . . . . with fictional characters such as Harry Potter and Gandalf. (**5**) . . . . , these wizards had hats of gold that (**6**) . . . . them to predict the movements of the planets and stars.

This is the (**7**) . . . . of archaeologists who are trying to (**8**) . . . . the 150-year-old mystery of the strange yet beautiful golden cone-shaped objects that sometimes (**9**) . . . . up at archaeological sites across Europe. Some people (**10**) . . . . forward the idea that the cones might have been vases, others that they could have been a soldier's head protection, but now historians think they must (**11**) . . . . have been tall hats. The men who wore them were (**12**) . . . . as magicians because they could predict with (**13**) . . . . the best time for sowing, planting and harvesting crops. And the hats played an important (**14**) . . . . in this, as they were covered in astronomical pictures and would have been worn on very special (**15**) . . . . when the movements of the sun and moon were calculated.

1	**A** plain	**B** familiar	**C** general	**D** broad
2	**A** owing	**B** supposing	**C** providing	**D** according
3	**A** ages	**B** long	**C** time	**D** far
4	**A** associate	**B** remind	**C** recognise	**D** acknowledge
5	**A** Therefore	**B** Although	**C** Instead	**D** Regardless
6	**A** helped	**B** made	**C** let	**D** meant
7	**A** completion	**B** result	**C** outcome	**D** conclusion
8	**A** fulfil	**B** prove	**C** solve	**D** detect
9	**A** pull	**B** keep	**C** turn	**D** bring
10	**A** came	**B** looked	**C** called	**D** put
11	**A** honestly	**B** actually	**C** eventually	**D** absolutely
12	**A** regarded	**B** believed	**C** concerned	**D** presumed
13	**A** loyalty	**B** justice	**C** accuracy	**D** reality
14	**A** share	**B** piece	**C** task	**D** part
15	**A** occasions	**B** moments	**C** events	**D** incidents

LIVEWORKSHEETS

TEST 110

Example:

0 **A** highest **B** main **C** leading **D** head

0	A	B	C	D
	☐	■	☐	☐

AN IMPORTANT INVENTION

Aluminium foil is used to wrap food in the kitchen. It is a very thin flexible metal sheet, sold in a roll, and since it does not burn, its (**0**) . . . use is probably to cover a chicken before it is put in the oven. The invention of the foil in France in 1903 may not have seemed hugely significant at the (**1**) . . . but it began a packaging revolution that was to change our whole (**2**) . . . of life.

Until the early 20th century, everything bought from shops was wrapped with paper and string and, (**3**) . . . the growing technological expertise in the world, packaging remained quite (**4**) . . . . Aluminium foil was not (**5**) . . . used until 1914, when people began using it as a secure top for milk bottles. Some forty years later, however, the packaging revolution really (**6**) . . . when companies making the cans used for soft drinks stopped using tin, a metal which was becoming too expensive, and (**7**) . . . to aluminium. (**8**) . . . production of aerosol cans soon (**9**) . . . . .

At the (**10**) . . . of the 20th century, there was little or no packaging to throw away. But with the (**11**) . . . of the new materials what we now (**12**) . . . to as the 'throw-away society' was born. Disposable razors, for example, were (**13**) . . . to be used and then thrown away. The idea was appealing to manufacturers because it (**14**) . . . that the customer would always be (**15**) . . . back for more.

1	**A** moment	**B** period	**C** age	**D** time
2	**A** state	**B** condition	**C** way	**D** course
3	**A** despite	**B** however	**C** although	**D** nevertheless
4	**A** basic	**B** primary	**C** fundamental	**D** initial
5	**A** deeply	**B** widely	**C** thickly	**D** largely
6	**A** set out	**B** burst in	**C** showed up	**D** took off
7	**A** exchanged	**B** switched	**C** replaced	**D** swapped
8	**A** Quantity	**B** Volume	**C** Mass	**D** Great
9	**A** continued	**B** succeeded	**C** accompanied	**D** followed
10	**A** turn	**B** change	**C** point	**D** round
11	**A** occurrence	**B** arrival	**C** visit	**D** approach
12	**A** call	**B** refer	**C** mention	**D** describe
13	**A** intended	**B** hoped	**C** wanted	**D** aimed
14	**A** caused	**B** involved	**C** meant	**D** included
15	**A** returning	**B** entering	**C** reaching	**D** coming

LIVEWORKSHEETS

TEST 111

Example:

0 **A** vehicles **B** craft **C** vessels **D** carriages

0	A	B	C	D
	■			

LIFE SAVERS ON TWO WHEELS

When emergency service (**0**) . . . such as police cars, fire engines or ambulances respond to an emergency (**1**) . . . ., they need to get to the scene of the incident as quickly as possible. At certain times of day, however, making their (**2**) . . . through city centre traffic can be a big problem and precious time can be (**3**) . . . in trying to get past traffic (**4**) . . . . ups. An experiment (**5**) . . . out recently in the city of York, may (**6**) . . . an answer to this problem, at least in the (**7**) . . . of ambulances.

The researchers in York discovered that specially-adapted mountain bikes negotiated the city's rush-hour traffic much more (**8**) . . . than a traditional ambulance could. In the experiment, a paramedic on a mountain bike (**9**) . . . the ambulance every time, and always arrived within the eight-minute 'standard response time' laid down by the British government. The bicycles were fitted with sirens, (**10**) . . . lights and medical equipment and are (**11**) . . . by paramedics who are able to (**12**) . . . patients on the spot. Sometimes this meant giving emergency first-aid until the ambulance arrived, but often the paramedic was able to deal with the situation (**13**) . . . . thus allowing the ambulance to be redirected to other emergencies.

Obviously, mountain bikes would not be so (**14**) . . . in rural areas, but for small cities, and busy city centres with one-way (**15**) . . . and pedestrian-only areas they could well prove to be very useful.

1	**A** appeal	**B** call	**C** trip	**D** order
2	**A** road	**B** way	**C** track	**D** route
3	**A** dropped	**B** missed	**C** lost	**D** spared
4	**A** hold	**B** jam	**C** stick	**D** block
5	**A** fetched	**B** carried	**C** taken	**D** put
6	**A** predict	**B** process	**C** provide	**D** presume
7	**A** example	**B** case	**C** instance	**D** event
8	**A** purely	**B** simply	**C** hastily	**D** easily
9	**A** excelled	**B** won	**C** defeated	**D** beat
10	**A** switching	**B** twinkling	**C** flashing	**D** sparkling
11	**A** driven	**B** ridden	**C** trodden	**D** handled
12	**A** heal	**B** treat	**C** mend	**D** cure
13	**A** solely	**B** apart	**C** singly	**D** alone
14	**A** effective	**B** able	**C** competent	**D** powerful
15	**A** techniques	**B** organisations	**C** systems	**D** establishments

LIVEWORKSHEETS