Task 1

Read the text below. For questions (1–7) choose the correct answer (A, B, C or D).

Recycled materials are included in many products we buy. Things like newspapers and magazines, glass bottles and jars, food and drink cans and even some clothing may have been (1) _____ using recycled materials. (2) _____ time we buy one of these products we help to support the recycling industry. The aim is that the product is used (3) _____, recycled and then used again.

One of the (4) _____ in which we can help the recycling process is by saving our own waste. Over the next (5) _____ of weeks we'll begin a fortnightly collection of recyclable waste, from your home. All you have to (6) _____ is put your recyclable waste in the box we've given you and put the box out next to your dustbin. The collection is fortnightly, (7) _____ remember to look at the sticker on the box that tells you which weeks we will collect it. Your dustbin will still be collected weekly.

1	A	put	B	got	C	made	D	taken
2	A	Many	B	Most	C	Every	D	All
3	A	once	B	ever	C	only	D	yet
4	A	methods	B	ways	C	hings	D	means
5	A	two	B	couple	C	pair	D	twin
6	A	do	B	want	C	have	D	go
6	A	because	B	so	C	unless	D	although

Task 2

Read the text below. For questions (1–7) choose the correct answer (A, B, C or D).

Wearing fashionable clothes can be bad for you! This may surprise you, but it is said that some clothes can cause a (1) _____ of problems. Do you find this difficult to believe? Well, researchers have discovered that following the latest fashion (2) _____ can be unhealthy. For example, if you tie a scarf or tie too tightly it increases your blood pressure. Tight jeans and trousers, short skirts and even sensible flat shoes may all cause (3) _____.

Experts say that things we wear can also (4) _____ to stomach problems, rashes, backache and painful feet. Yet how can we explain this? Very tight clothes can prevent people moving naturally, and this is not good for you. If you wear trousers or skirts that are too tight around the waist, then your stomach does not have (5) _____ to expand after you have eaten, and this can cause stomachache. Rashes can be caused by an allergic (6) _____ to synthetic material. And last, but not least — wearing shoes with high heels can lead to foot and back problems. Even practical shoes can cause backache if they don't (7) _____ you properly.

1	A	variety	B	group	C	bundle	D	collection
2	A	directions	B	trends	C	changes	D	cultures
3	A	complaints	B	conditions	C	illnesses	D	sickness
4	A	move	B	lead	C	go	D	grow
5	A	extend	B	area	C	place	D	room
6	A	reply	B	response	C	reaction	D	return
7	A	shape	B	match	C	suit	D	fit

Task 3

Read the text below. For questions (1–7) choose the correct answer (A, B, C or D).

I never really enjoyed (1) _____ at school. I remember when I played football. I was always in net, but used to get bored and read a book. Then, when the other side scored, the rest of my (2) _____ would shout at me. Later on I tried tennis, which wasn't much better. I used to have this habit of dropping the racket each time I went to hit the ball. The worst thing was when I actually won a (3) _____ — I was so pleased that I ran and tried to jump over the line but caught my foot on it, fell and broke my arm.

My latest attempt to get (4) _____ was when I tried boxing at a local gym. I'll never forget my first match. I climbed into the (5) _____ and the bell went for the start of the first round. I just shut my eye and swung my fist. Unfortunately, I hit the referee and not my opponent. Needless to say that was the end of my boxing career. Next I decided to take up mountaineering. I (6) _____ a holiday in the Himalayas with two old school friends. On our first climb I managed to slip and found myself hanging on the end of a rope half way up a mountain. All my friends could do was to call out to me to (7) _____ until the rescue party arrived. I guess I'll never learn. I keep on wanting out other sports even though I know I'll never be a champion!

1	A	plays	B	contests	C	sports	D	encounters
2	A	group	B	selection	C	team	D	club
3	A	play	B	game	C	race	D	fight
4	A	strong	B	well	C	slim	D	fit
5	A	court	B	ring	C	pitch	D	square
6	A	booked	B	ordered	C	paid	D	bought
8	A	keep on	B	hold on	C	go on	D	carry on

Task 4

Read the text below. For questions (1–7) choose the correct answer (A, B, C or D).

Nick Gillard earns a living working as a stuntman on films and TV shows but his first (1) _____ at show business was trick-riding circus horses. Four years later he got the chance to perform in his first film. "I really enjoyed working on the film," Nick remembers, "so I started asking what I should (2) _____ to become a stuntman."

To do this he had to reach an instructor level in six sports including skiing, riding and gymnastics. Since qualifying (3) _____ the age of 19, Nick has worked on many movies and has doubled for some of the biggest stars in Hollywood.

Safety and timing are all-important for stunt professionals — they plan everything down to the tiniest detail. "We take the utmost (4) _____," it's not like being an actor where you can take the shot again if it goes wrong. It's got to work the first time," Nick has (5) _____ some terrifyingly dangerous stunts. For one film he jumped across a bridge in a speed boat, and in (6) _____ 3 he was (6) _____ on fire, without air, for more than two minutes. Filming on location takes him all (7) _____ the world, often for months at a time.

1	A	experience	B	lesson	C	attempt	D	taste
2	A	make	B	do	C	get	D	try
3	A	in	B	on	C	at	D	by
4	A	caution	B	care	C	attention	D	guard
5	A	done	B	made	C	led	D	given
6	A	put	B	caught	C	set	D	lit
8	A	about	B	through	C	across	D	over

Task 5

Read the text below. For questions (1–7) choose the correct answer (A, B, C or D).

Why do we need sleep?

Sleep rests our bodies and our brains. Scientists are not exactly sure what the brain does (1) _____ we sleep, but some think that (2) _____ sorts through information, replaces chemicals and solves the problems of (3) _____ day. Not getting enough sleep can make you tired, anxious and not able to think clearly. It can also affect (4) _____ immune system, which stops you getting ill.

How to get enough sleep

Try to go to bed (5) _____ the same time every night. (6) _____ helps your body get into a routine. Also, try to go to bed feeling calm! Don't drink caffeine, do exercises or watch scary movies just before bedtime!

How much sleep do we need?

Generally, kids need 10 to 11 hours (7) _____ adults need 7 to 8 hours of sleep each night. This means that we sleep for at least one third of our lives!

1	A	because	B	while	C	during	D	from
2	A	it	B	they	C	them	D	than
3	A	any	B	a	C	the	D	as
4	A	your	B	yours	C	you	D	your's
5	A	to	B	at	C	with	D	in
6	A	it	B	this	C	these	D	those
8	A	at	B	but	C	so	D	then

Task 6

Read the text below. For questions (1–7) choose the correct answer (A, B, C or D).

Needless to say that snowboarding is one of the (1) _____ of our winter sports. It (2) _____ in the 1950s when surfers and skateboarders tried something new. They used (3) _____ boards to travel across the snow. At first people didn't know about the sport, but then it became (4) _____ well-known and shops began to sell snowboards. The first competitive snowboarding event was called 'King of the Mountain' and it (5) _____ place in Colorado in the USA. Soon there were competitions all over the world. In 1998, snowboarding became an event at the Winter Olympic Games in Japan. Today, thousands of people are keen (6) _____ snowboarding. It's almost (7) _____ popular as skiing.

1	A	new	B	newer	C	newest	D	much newest
2	A	begin	B	began	C	beginning	D	begins
3	A	their	B	them	C	theirs	D	this
4	A	much	B	more	C	most	D	the most
5	A	take	B	taking	C	took	D	takes
6	A	at	B	in	C	on	D	of
7	A	more	B	than	C	as	D	so

Task 7

Read the text below. For questions (1–10) choose the correct answer (A, B, C or D).

Who was the first man to fly? (1) _____ a Greek myth, it was a craftsman and inventor called Daedalus. The story describes (2) _____ Daedalus and his son, Icarus, flew away from King Minos' prison (3) _____ the island of Crete. Using wax and feathers, Daedalus made wings for (4) _____ and Icarus which looked exactly (5) _____ a bird's. Before they set (6) _____, Daedalus (7) _____ his son not to fly (8) _____ close to the sun, but Icarus did not (9) _____ his father's advice. The sun melted the wax in his wings (10) _____ Icarus fell into the sea and was killed.

1	A	According to	B	However	C	Besides	D	Thus
2	A	that	B	as	C	if	D	how
3	A	on	B	in	C	at	D	of
4	A	him	B	he	C	himself	D	them
5	A	as	B	at	C	after	D	like
6	A	off	B	to	C	away	D	on
7	A	told	B	reported	C	said	D	made
8	A	enough	B	so	C	too	D	much
9	A	do	B	take	C	listen	D	pay
10	A	but	B	although	C	because	D	and

Task 8

Read the text below. For questions (1–10) choose the correct answer (A, B, C or D).

The English like (1) _____ flowers, (2) _____ a useful occupation because it doesn't harm anyone. In winter the most romantic thing (3) _____ some people is to pick up a seed catalogue and look at the brightly (4) _____ pictures of summer flowers. Even people with a tiny patch of ground in town like growing plants, and people who (5) _____ never seriously tried to speak any foreign language carefully learn the Latin names of the flowers they plant, so that they can tell (6) _____ friends.

If you (7) _____ to please an English person, be very polite about his garden. He will probably tell you about his garden. So you listen and say: "How (8) _____ ! How clever of you!"

The English gardens are internationally famous. Some of (9) _____ are very beautiful, especially the big (10) _____ that are open to the public.

1	A	grow	B	grew	C	growing	D	grows
2	A	Its	B	It's	C	What's	D	What
3	A	to	B	for	C	at	D	by
4	A	colour	B	colours	C	coloured	D	colour's
5	A	having	B	has	C	had	D	have
6	A	their	B	they	C	them	D	there
7	A	wanting	B	wanted	C	had wanted	D	want
8	A	interesting	B	interest	C	interested	D	interests
9	A	they	B	them	C	their	D	than
10	A	once	B	ones	C	one's	D	owns

Task 9

Read the text below. For questions (1–10) choose the correct answer (A, B, C or D).

Wales has a population of about three million. English is the main language and only twenty per cent speak both Welsh and English. Every year for one week (1) _____ August there is a Welsh-speaking festival. It (2) _____ place in a different town each year so everyone has the (3) _____ for it to be near them. Local people (4) _____ years making plans for when the festival will be in their town. Each festival is (5) _____ by about 160,000 people. They (6) _____ not only from nearby towns and villages (7) _____ also from the rest of the British Isles and (8) _____ from abroad. There are concerts, plays and competitions, and shops sell Welsh music, books, pictures and clothes as (9) _____ as food and drink. There is also a place (10) _____ Welsh learners can go to practise the language.

1	A	on	B	by	C	in	D	at
2	A	takes	B	finds	C	has	D	comes
3	A	choice	B	chance	C	luck	D	ability
4	A	pass	B	put	C	spend	D	last
5	A	arrived	B	accompanied	C	joined	D	attended
6	A	bring	B	move	C	travel	D	tour
7	A	but	B	and	C	although	D	however
8	A	just	B	hardly	C	quite	D	even
9	A	long	B	far	C	good	D	well
10	A	where	B	when	C	which	D	that