

THINK OF A WORD WHICH BEST FITS EACH GAP AND COMPLETE THE TEXT. USE ONLY ONE WORD IN EACH GAP.



Teenage photographer

When my parents gave (1).....a camera for my birthday, I was delighted. At first I didn't know (2).....all the different functions were for, but soon learned how (3)..... take fairly good photos. I joined a photography club at school run (4).....my art teacher, and (5)..... long I entered a wildlife photography competition.

For (6)....., wildlife really means birds, as I live in a city. It took a (7)..... days to get the picture I wanted, and my parents must (8)..... worried that I would catch a bad cold in the freezing park where I sat waiting. It was (9)..... it in the end, though, when a colourful little bird landed on a branch just above my bench.

I knew it was a good photograph, but I had absolutely (10)..... idea that I'd end up winning first prize — another camera! My parents were very proud (11)..... me, and (12)..... was my art teacher. My picture appeared (13)..... the newspaper, and I was a local celebrity for a short time. I've taken hundreds more photos (14)..... I won that competition,— but I've never won first prize again!



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TEENAGERS NEED TO SLEEP MORE

Most teenagers need from about eight and a half to more (1).....nine hours of sleep each night. The right amount of sleep is essential for anyone (2)..... wants to do well at school or play sports without tripping (3)..... their feet. Teenagers often used to (4)..... criticised for staying up late and falling asleep in class. But studies (5)..... shown that adolescent sleep patterns actually differ from (6)..... of adults or kids.

These studies show that during the teenage years, the body's *circadian rhythm* (a sort (7)..... internal biological clock) is temporarily reset, telling a person (8)..... fall asleep later and wake up later. These changes come at (9).....busy time in our lives. For most teenagers, the pressure to do well in school is getting stronger, and it is more difficult to manage without studying hard.

So (10)..... can we do? Regular exercise may help you sleep better, but try (11)..... to exercise right before bed as that can make it harder to fall asleep. Finish exercising at (12)..... three hours before bedtime. Staying (13)..... from bright lights (including computer screens!) for an hour before you go to bed can also help your body relax.