

ENGLISH TEST

5 + Options **CULTURE • Amazing athletes**
I can talk about an athlete from my country.

Musical prodigies

1 3.38 Look at the photos and answer the questions. Then read and listen to the text and check your answers.

- 1 Who are these people?
- 2 What are they doing?
- 3 Where do you think they are from?

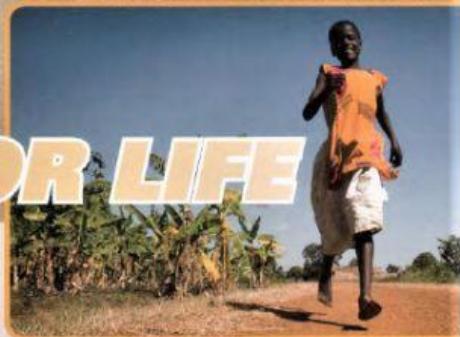
RUNNING FOR LIFE

In 2014, Kenyan runner Dennis Kimetto made a new world record. He finished the Berlin marathon in just 2 hours, 2 minutes and 57 seconds. He ran 26 seconds faster than the previous world champion, Wilson Kipsang. Kipsang also came from Kenya. Many great Olympic runners are Kenyan. Why are Kenyan athletes the world's greatest runners? What is their secret? Is it the altitude? Is it the food? Nobody knows for sure, but there are a few theories. Kimetto, Kipsang, and most of the great Kenyan Olympic champions grew up in one of the poorest regions of Kenya. They lived far away from their schools. In these areas, children get up early and run up to ten kilometres to and from school each day. Then, after school, they work on farms. This active lifestyle develops their muscles and long-distance running ability.

But maybe there is another reason for their success. Like other Kenyan runners, Kimetto's parents couldn't afford trainers, so he ran barefoot. It is possible that running without shoes is better for our feet. Athletes first started wearing modern trainers in 1972. In the following decades, the number of leg injuries increased. Now more people are running barefoot or wearing thin shoes. They say that they can run better and they have fewer injuries.

But the Kenyans have another lesson to teach us: the human body is made for running, not sitting. Studies show that running is good for us. It's better to go running than spend our free time in front of TV and computer screens.

Glossary
barefoot – not wearing anything on your feet
injury – harm done to a person's body, e.g. in an accident



a- Read the text and answer the questions:

- 1- What was Dennis' record?
- 2- How much faster than the previous champion was he?
- 3- What do Dennis and Wilson have in common?
- 4- What helps Kenyan runners have stronger muscles and run longer distances?
- 5- Why do many Kenyan runners run without shoes?
- 6- Why are some people running with thin shoes?
- 7- Is running good for us? Why?

b- Find in the text an example of adjectives in the comparative and superlative form

GRAMMAR:

1- Superlatives and comparatives:

- This book about sporting achievements is _____ (expensive) book in the shop.
- That volleyball player was amazing. He was _____ (fast) all the other players.
- The seats in this stadium are great. They are _____ (comfortable) our chairs.

d- Robbie gets up late and he never does any sports. He _____ (lazy) person I know.

e- The new swimming pool in town is very large. It's _____ (big) the old pool.

f- This race isn't very difficult. It's _____ (easy) the long race last year.

g- That football match was terrible! It was _____ (bad) match that I saw last year.

2- Complete the sentences using: CAN –CAN'T COULD – COULDN'T

a- _____ that child prodigy play the piano when she was two?

b- The boy on TV now _____ remember 1,000 different numbers- he's amazing!

c- My little sister _____ write any words at the moment, but she can read easy sentences

d- We _____ play tennis when we were ten, but we're good at it now.

e- That famous artist _____ paint well at an early age.

f- How many languages _____ your cousin speak now?

3- Complete the questions with HOW + the words in the box:

Far many much old rich tall

a- _____ books do you read every year? "over forty. I'm a child prodigy!"

b- _____ can you run in an hour? "About six kms"

c- _____ are you now? "I'm one metre seventy"

d- _____ homework do you do? "quite a lot!"

e- _____ is Adam? " He's fourteen"

f- _____ is that young film star?" "I don't know, but he's got more money than me!"

VOCABULARY:

4- Finish the name of these professions:

AREA

JOB

- a) Archaeology
- b) Farm
- c) Pharmacy
- d) Mine
- e) Politics
- f) Translate
- g) Sail
- h) electric