

## AN UNWELCOME GUEST

Of the one in seven people in the UK who claim to have seen a ghost, the majority are women. This may be because women have far more association with the spirit world. Women trust their emotions and are generally better able than men to cope with the unexpected.

Housewife Fiona Blair describes herself as very practical and down-to-earth, and never believed in the idea that a house could be haunted. That all changed when she and her family moved into a manor house in the Midlands. Although the surveyor reckoned that the house required a lot of attention and was somewhat damp, they thought it was stunning. They could just afford it and it would be a good investment, so they took the plunge and decided to buy it.

Nonetheless, right from the start, Fiona had a strange sense that they were not alone in the house. One of her teenage daughters had left a towel over the back of a chair in the kitchen. Fiona was in the garden, and when she returned to the house, the towel was over the kitchen table like a tablecloth. On other occasions the family would find that objects such as glasses and vases had been turned upside-down.

This was only the start of the peculiar happenings. A particularly strange incident happened on Fiona's birthday. Fiona's husband, Mark, came home from work and went into the living room. He immediately came rushing out to ask who had bought her the beautiful flowers – but nobody had given Fiona flowers and her daughters had not put the flowers there. It remained a mystery how they had miraculously appeared.

Fiona was curious and decided to find out about the history of the house. What she discovered was rather alarming. Apparently a young girl, servant to a previous generation of owners, had been found dead in peculiar circumstances in the attic. Fiona and her family inevitably began to feel claustrophobic and trapped in the house, and eventually decided that they would have to move.

Unfortunately, things were not as simple as that. Each time they attempted to show the house to potential buyers, Fiona would of course ensure beforehand that everything was neat and tidy in order to make a good impression. But by the time anyone arrived, the entire house would be in a complete mess, and visitors complained of an unpleasant atmosphere. Eventually, after many months, an American couple viewed the house, and decided it had a certain attraction. For some reason, the ghost did not play its usual tricks, and Fiona was able to sell what had been her dream home.

Now living in a spacious modern apartment in London, Fiona wants to forget it all and move on with her life. "At one point I thought I might be going out of my mind, it was all so frightening. We can almost laugh about it all now, but I hope we never experience anything like that again."

1. Why did the writer and her husband want to move into the house in the Midlands?
  - A. They were eager to find out if it had a ghost.
  - B. They were attracted by the appearance of it.
  - C. They knew someone important had lived there.
  - D. They were looking for a house to modernise.
2. After they moved in, they \_\_\_\_\_.
  - A. began to hear strange noises in the attic.
  - B. realised that the house was incredibly cold.
  - C. discovered that objects were being moved.
  - D. broke a lot of glasses.
3. What happened on Fiona's birthday?
  - A. Her daughters bought her flowers.
  - B. There was an unexplained occurrence.
  - C. A burglar broke into the living room.
  - D. Mark forgot to buy a present.
4. What had happened to the servant girl?
  - A. She had killed herself in the attic.
  - B. She was murdered by the owners.
  - C. She had been locked in the attic.
  - D. She died in the house.
5. What did the ghost do when they decided to sell the house?
  - A. It disappeared immediately.
  - B. It made people viewing it feel unwelcome.
  - C. It tidied the house.
  - D. It made horrible noises.
6. What does "it" (first sentence of the last paragraph) refer to?
  - A. the house she lived in
  - B. the modern apartment
  - C. the experience she had
  - D. the sale of the house



A recent survey of crime statistics shows that we are all more likely to be burgled now than 20 years ago and the police advise everyone to take a few simple precautions to protect their homes.

The first fact is that burglars and other intruders prefer easy opportunities, like a house which is very obviously empty. This is much less of a challenge than an occupied house, and one which is well-protected. A burglar will wonder if it is worth the bother.

There are some general tips on how to avoid your home becoming another crime statistic. Avoid leaving signs that your house is empty. When you have to go out, leave at least one light on as well as a radio or television, and do not leave any curtains wide open. The sight of your latest music centre or computer is enough to tempt any burglar.

Never leave a spare key in a convenient hiding place. The first place a burglar will look is under the doormat or in a flower pot and even somewhere more “imaginative” could soon be uncovered by the intruder. It is much safer to leave a key with a neighbour you can trust. But if your house is in a quiet, desolate area be aware that this will be a burglar’s dream, so deter any potential criminal from approaching your house by fitting security lights to the outside of your house.

But what could happen if, in spite of the aforementioned precautions, a burglar or intruder has decided to target your home. Windows are usually the first point of entry for many intruders. Downstairs windows provide easy access while upstairs windows can be reached with a ladder or by climbing up the drainpipe. Before going to bed you should double-check that all windows and shutters are locked. No matter how small your windows may be, it is surprising what a narrow gap a determined burglar can manage to get through. For extra security, fit window locks to the inside of the window.

What about entry via doors? Your back door and patio doors, which are easily forced open, should have top quality security locks fitted. Even though this is expensive it will be money well spent. Install a burglar alarm if you can afford it as another line of defence against intruders.

A sobering fact is that not all intruders have to break and enter into a property. Why go to the trouble of breaking in if you can just knock and be invited in? Beware of bogus officials or workmen and, particularly if you are elderly, fit a chain and an eye hole so you can scrutinise callers at your leisure. When you do have callers never let anybody into your home unless you are absolutely sure they are genuine. Ask to see an identity card, for example.

If you are in the frightening position of waking in the middle of the night and think you can hear an intruder, then on no account should you approach the intruder. Far better to telephone the police and wait for help.

1. A well-protected house \_\_\_\_\_
  - A. is less likely to be burgled.
  - B. is regarded as a challenge by most criminals.
  - C. is a lot of bother to maintain.
  - D. is very unlikely to be burgled.
2. According to the writer, we should \_\_\_\_\_
  - A. avoid leaving our house empty.
  - B. only go out when we have to.
  - C. always keep the curtains closed.
  - D. give the impression that our house is occupied when we go out.
3. The writer thinks that hiding a key under a doormat or flower pot \_\_\_\_\_
  - A. is a predictable place to hide it.
  - B. is a useful place to hide it.
  - C. is imaginative.
  - D. is where you always find a spare key.
4. The "aforementioned precautions" refer to steps that \_\_\_\_\_
  - A. will tell a burglar if your house is empty or not.
  - B. are the most important precautions to take to make your home safe.
  - C. will stop a potential burglar.
  - D. will not stop an intruder if he has decided to try and enter your home.
5. Gaining entry to a house through a small window \_\_\_\_\_
  - A. is surprisingly difficult.
  - B. is not as difficult as people think.
  - C. is less likely to happen than gaining entry through a door.
  - D. is tried only by very determined burglars.
6. According to the writer, window locks, security locks and burglar alarms \_\_\_\_\_
  - A. cost a lot of money but are worth it.
  - B. are good value for money.
  - C. are luxury items.
  - D. are absolutely essential items.



7. The writer argues that fitting a chain and an eye hole \_\_\_\_\_
- A. will prevent your home being burgled.
  - B. avoids you having to invite people into your home.
  - C. is only necessary for elderly people.
  - D. gives you time to check if the visitor is genuine.
8. The best title for the text is \_\_\_\_\_
- A. Increasing Household Crime.
  - B. Protecting Your Home from Intruders
  - C. What To Do If A Burglar Breaks into Your Home.
  - D. Burglary Statistics.



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### HEALTHY LIVING FOR TEENAGERS

#### Food

In a recent government survey on healthy eating teens scored only 5 out of 10 (8 indicated a healthy diet and 6 a “passable” one). Only 1 in 10 teens eats the recommended amount of fruit and the only vegetable that many teens eat is “chips”. Most teens in the developed world are eating too much but are still not getting the vital nutrients to help them grow and stay healthy. More information about nutrition and healthy eating is needed to help young people eat properly. Teens who diet often cut out food they need, such as bread or milk, because they think it is fattening.

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Others don't know what foods to choose in the school canteen in order to have a balanced diet. There is a saying "you are what you eat". So if you want to become the next David Beckham then you'd better start eating properly.

### Exercise

Lack of money in schools plus increased pressure to do well in the course exams means that teenagers are doing less sport in school than ever before. Girls, in particular, are more likely to suffer from lack of exercise and up to 4 in 10 girls stop playing sports in their early teenage years. Just because you aren't sporty doesn't mean you can't be active. Walk or cycle to school instead of taking the bus. Help at home with the housework or gardening. Go dancing with your friends. There are lots of ways you can stop being a couch potato!

### Sleep

If "we are what we eat" then sleep is like food for the brain. Teens need at least 9 hours' sleep every night and even mild sleepiness can affect your performance, humour and health. Lack of sleep can make you tired, angry or depressed. Nearly 40% of secondary school students go to bed after 11 p.m. on school nights and 15% of teens say they have fallen asleep during class. In the USA some schools are starting classes at 10 a.m. so that teens can get some extra sleep. These schools have noticed an improvement in their students' work.

1. The text suggests that teenagers \_\_\_\_\_.
  - A. are healthier than their parents were.
  - B. don't have enough information about healthy eating and lifestyle.
  - C. sleep more than is needed.
  - D. do more sports in schools than before.
2. According to the text, teens who go on a diet cut down on \_\_\_\_\_.
  - A. vegetables.
  - B. bread and milk.
  - C. chips.
  - D. meat.
3. Most teens in the developed world \_\_\_\_\_.
  - A. eat too much but are not eating healthy food.
  - B. eat properly and stay healthy.
  - C. eat less and grow and stay healthy.
  - D. eat a lot of vegetables and healthy food.

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4. Schools put pressure on students to \_\_\_\_\_.  
A. do well in sports.  
B. improve their physical condition.  
C. do well in course exams.  
D. take a bus instead of walking or cycling to school.
5. According to the text, many secondary school students on school nights \_\_\_\_\_.  
A. sleep at least 9 hours.  
B. feel angry or depressed.  
C. play computer games.  
D. go to bed after 11 p.m.
6. According to the text, some schools in the USA have changed the starting time of lessons because \_\_\_\_\_.  
A. they wanted to please their students.  
B. they wanted to improve students' performance.  
C. parents insisted on changing the time.  
D. teachers complained about how unmotivated the students were.

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