

1. For questions 1-8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Example:

0      A make      B take      C do      D have

## Long hours and health don't mix

Women are much healthier when they (0) **take** it easy, (1) ..... a new survey. Those who work long hours are more likely than men to indulge in unhealthy behaviour such as eating snacks, smoking and drinking caffeine (long hours have no such (2) ..... on men.) One positive benefit of long hours for both sexes however, is that alcohol (3) ..... is reduced.

The study, funded by the Economic and Social Research Council, is part of a wider study by psychologists from the University of Leeds, into the effects of stress on eating. "Stress causes people to (4) ..... for unhealthy high-fat and high-sugar snacks in preference to healthier food choices", says researcher Dr Daryl O'Connor of the University of Leeds. "People under stress eat less than usual in their main meals, including their vegetable (5) ....., but shift their preference to high-fat, high-sugar snacks instead."

"Our (6) ..... are disturbing in that they show stress produces harmful changes in diet and leads to unhealthy eating behaviour", continues Dr O'Connor. "An overwhelming (7) ..... of evidence shows the importance of maintaining a balanced diet in (8) ..... of reducing the risk of cancer and cardiovascular diseases - and that means eating a low-fat diet and five portions of fruit and vegetables a day."

1.	A betrays	B sustains	C reveals	D conceals
2.	A contract	B clash	C conflict	D impact
3.	A beverage	B consumption	C expenditure	D acceptance
4.	A choose	B select	C design	D opt
5.	A intake	B influx	C emission	D immersion
6.	A instructions	B rulings	C findings	D institutions
7.	A lump	B body	C sack	D packet
8.	A moments	B sessions	C terms	D senses