

Part 1: Choose the word (A, B, C) that fits in the gap. The answer to question 0 is an example.

Dear Sarah,

*I hope you are doing well. I am writing to thank you for the wonderful (0) \_\_\_\_\_ we spent together last weekend. It was so nice to catch up and enjoy some time in the (1) \_\_\_\_\_. I really appreciate the way you always (2) \_\_\_\_\_ such delicious food. I was so full after the dinner that I couldn't even (3) \_\_\_\_\_ any dessert! We should definitely plan to meet more often.*

*Right now, I am in the middle of a very (4) \_\_\_\_\_ week at work. I have several projects to finish, but I am trying to (5) \_\_\_\_\_ enough time for rest as well. I think next weekend I will take a break and spend some time reading a good book.*

*Looking forward to seeing you again soon.*

*Best wishes, Emma*

|                       |                   |                       |
|-----------------------|-------------------|-----------------------|
| <b>(0). A. time</b>   | <b>B. problem</b> | <b>C. meeting</b>     |
| <b>(1). A. city</b>   | <b>B. office</b>  | <b>C. countryside</b> |
| <b>(2). A. make</b>   | <b>B. order</b>   | <b>C. refuse</b>      |
| <b>(3). A. eat</b>    | <b>B. prepare</b> | <b>C. enjoy</b>       |
| <b>(4). A. boring</b> | <b>B. busy</b>    | <b>C. relaxing</b>    |
| <b>(5). A. waste</b>  | <b>B. find</b>    | <b>C. save</b>        |

0. A (example)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## Part 2

Sophie always dreamed of becoming a famous chef.

She spent years perfecting her skills by studying at the best culinary schools.

Her dedication paid off when she opened her first restaurant at the age of 30.

Despite facing many challenges, she continued to innovate and create new dishes.

Eventually, her restaurant earned a prestigious award, making her dreams come true.

She used her success to mentor young chefs and inspire them to follow their passion.

Sophie became known for her unique blend of traditional and modern cooking styles.

1.

2.

3.

4.

5.

6.

7.

### Part 3

Person A: I believe that starting the day with a morning run is the best way to stay healthy. It boosts your energy and keeps you fit. I also try to eat a balanced diet, but I'm not too strict about it. The fresh air and the quiet streets at dawn are so refreshing, and it's a great way to clear your mind before a busy day.

Person B: I used to struggle with my weight, but once I started doing yoga, everything changed. It's not just about physical exercise; it's also about mental well-being. I've become more flexible and more at peace with myself. I practice every evening and try to meditate whenever I can. It's been a journey, but I love every bit of it.

Person C: Going to the gym is my favorite way to keep fit. I enjoy lifting weights and seeing my progress over time. It's rewarding to push your limits and achieve new personal bests. The gym community is great too – we motivate each other to stay on track. I also make sure to follow a high-protein diet to support my muscle growth.

Person D: For me, swimming is the ultimate workout. It's easy on the joints and great for the heart. I go to the pool at least three times a week. I also enjoy cycling on weekends, especially in the countryside. The combination of fresh air and exercise is unbeatable. I always make sure to stay hydrated and eat plenty of fruits and vegetables.

Whose idea was this?

1. prefers a calm and peaceful exercise? \_\_\_\_\_
2. enjoys a social aspect of their workout? \_\_\_\_\_
3. combines physical exercise with mental well-being? \_\_\_\_\_
4. participates in an activity that involves nature? \_\_\_\_\_
5. focuses on strength training? \_\_\_\_\_
6. likes exercising early in the day? \_\_\_\_\_
7. follows a specific diet plan? \_\_\_\_\_

(1) The rise of social media has transformed how we communicate and interact with others. Platforms like Facebook, Twitter, and Instagram allow people to share moments of their lives, express opinions, and connect with others across the globe instantly.

(2) In the early days of the internet, communication was limited to email and basic websites. Social media, however, revolutionized this by providing interactive spaces where users could post content, comment, and engage in discussions in real time.

(3) The influence of social media extends beyond personal connections. Businesses have leveraged these platforms for marketing, customer engagement, and brand promotion. A well-managed social media presence can significantly boost a company's visibility and customer base.

(4) Despite its benefits, social media has also been criticized for its role in spreading misinformation and fostering negative behaviors like cyberbullying. The algorithms that prioritize engagement can sometimes amplify divisive content, leading to polarized online communities.

(5) One of the significant advantages of social media is its ability to provide a voice to the marginalized. It has been a critical tool in organizing social movements and bringing attention to issues that might otherwise be overlooked by mainstream media.

(6) Social media's impact on mental health is a growing concern. While it offers a sense of community, excessive use has been linked to anxiety, depression, and a distorted sense of reality due to the curated nature of online content.

(7) Looking to the future, social media is likely to continue evolving. Innovations like virtual reality and augmented reality are expected to create even more immersive online experiences, further blurring the lines between the digital and physical worlds.

(8) As social media becomes more ingrained in our daily lives, it's essential to develop digital literacy skills. Understanding how to navigate these platforms responsibly and critically evaluate the content we consume is crucial for fostering a healthy online environment.

1. \_\_\_\_\_

3. \_\_\_\_\_

6. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

7. \_\_\_\_\_

5. \_\_\_\_\_

8. \_\_\_\_\_