TEST 6

0 **A** reporting **B** quoting **C** according **D** informing



Fingernails growing faster

People's fingernails and toenails, **(0)** ..... to a recent study, are nowadays growing more quickly. Research **(1)** ..... out at the University of North Carolina indicates that the speed at which human nails are growing has increased by **(2)** ..... to 25 per cent over the last 70 years.

The results of the study show that the **(3)** ..... human fingernail now grows about 3.5 mm a month, **(4)** ..... with just 3 mm seven decades ago. Toenail growth, **(5)** ..... only about 2 mm per month, was also up on the figure **(6)** ..... in a similar survey done 70 years ago.

Researchers **(7)** ..... the rapid increase down to changes in lifestyle, particularly the greater **(8)** ..... of the importance of regular exercise and a healthy diet. This, they point out, is in **(9)** ..... with similar trends in the height and weight of present-day adults.

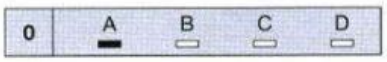
Interestingly, it appears that nails **(10)** ..... to grow fastest in warmer conditions, with the quickest growth **(11)** ..... among young people, and men. The fastest-growing nail is on the middle finger, while that on the little finger is **(12)** ..... far the slowest, at only a fraction over 3 mm each month.

1	**A** taken	**B** carried	**C** studied	**D** worked
2	**A** near	**B** just	**C** close	**D** next
3	**A** average	**B** medium	**C** common	**D** standard
4	**A** opposed	**B** measured	**C** related	**D** compared
5	**A** although	**B** despite	**C** however	**D** nevertheless
6	**A** achieved	**B** concluded	**C** arrived	**D** obtained
7	**A** set	**B** write	**C** put	**D** say
8	**A** belief	**B** information	**C** familiarity	**D** awareness
9	**A** way	**B** rule	**C** line	**D** case
10	**A** tend	**B** lean	**C** head	**D** aim
11	**A** pace	**B** rate	**C** speed	**D** step
12	**A** by	**B** so	**C** as	**D** too

LIVEWORKSHEETS

TEST 7

0 **A** common **B** frequent **C** general **D** routine



The sticking plaster

Nowadays, one of the most **(0)** ..... items found in the home is the sticking plaster.

Protecting a cut by covering the affected area with a piece of material that sticks to the skin may seem a rather **(1)** ..... idea, so it is perhaps surprising to learn that the plaster was not **(2)** ..... until about ninety years ago.

The person who thought **(3)** ..... the idea was Earle Dickson, an employee of the Johnson & Johnson company. Concerned that his wife Josephine sometimes **(4)** ..... accidents while cooking and doing other jobs, he used pieces of cotton material placed inside strips of sticky tape to cover her injuries. This prevented dirt getting into the **(5)** ..... and protected it from further harm as she did the **(6)** .....

Dickson's boss was impressed, so in 1921 Johnson & Johnson put the new sticking plaster into **(7)** ..... under the brand name Band-Aid. Sales at first were slow, but somebody at the company came up with the **(8)** ..... idea of giving free plasters to the Boy Scouts. This created publicity and from then **(9)** ..... it became a commercial success. Dickson was **(10)** ..... within the company, eventually becoming a senior executive.

Although the basic design of the sticking plaster has remained similar to the **(11)** ..... , there have been many developments in the materials used and it is now **(12)** ..... in a variety of shapes, sizes and colours. Total worldwide sales are believed to have exceeded 100 billion.

LIVEWORKSHEETS

1	**A** clear	**B** evident	**C** plain	**D** obvious
2	**A** realised	**B** imagined	**C** invented	**D** dreamt
3	**A** up	**B** over	**C** in	**D** forward
4	**A** did	**B** had	**C** made	**D** took
5	**A** wound	**B** damage	**C** breakage	**D** tear
6	**A** homework	**B** household	**C** housework	**D** homecoming
7	**A** creation	**B** formation	**C** production	**D** construction
8	**A** keen	**B** bright	**C** eager	**D** shining
9	**A** after	**B** to	**C** since	**D** on
10	**A** raised	**B** lifted	**C** advanced	**D** promoted
11	**A** model	**B** original	**C** sample	**D** standard
12	**A** available	**B** achievable	**C** accessible	**D** attainable

LIVEWORKSHEETS

TEST 8

0 **A** far **B** then **C** back **D** past



The joy of picnics

Years ago, **(0)** ..... in the days when I was just a kid, my family used to have Sunday picnics together in a **(1)** ..... part of the countryside. We would find a suitably quiet and pleasant **(2)** ..... , then spend several hours chatting, eating and playing games in the **(3)** ..... air. Since then, though, my parents' life has become so much busier and they never seem to have the time for **(4)** ..... family meals any more.

In my **(5)** ..... this is a great pity, so I've recently started to organise picnics of my **(6)** ..... I get in touch with some of my closest friends and first we **(7)** ..... on a suitable place to go. Then we talk about who'll bring which food. This **(8)** ..... that there will be a variety of tasty things to eat, particularly **(9)** ..... everyone makes the meals they do best. It's important, though, to keep the food simple, as everything has to **(10)** ..... into a backpack and then be carried across fields and up river valleys.

When we finally **(11)** ..... our destination, it's time to sit down, relax and enjoy each other's company. And I'm **(12)** ..... certain that food tastes far better on a picnic than anywhere else!

LIVEWORKSHEETS

1	**A** close	**B** nearby	**C** near	**D** next
2	**A** spot	**B** point	**C** tip	**D** dot
3	**A** free	**B** empty	**C** wide	**D** open
4	**A** outer	**B** outdoor	**C** outward	**D** outgoing
5	**A** view	**B** regard	**C** thought	**D** belief
6	**A** self	**B** part	**C** behalf	**D** own
7	**A** decide	**B** determine	**C** fix	**D** arrange
8	**A** assures	**B** insures	**C** ensures	**D** secures
9	**A** unless	**B** so	**C** if	**D** though
10	**A** fit	**B** match	**C** suit	**D** join
11	**A** arrive	**B** get	**C** achieve	**D** reach
12	**A** remarkably	**B** absolutely	**C** extremely	**D** highly

LIVEWORKSHEETS

TEST 9

0 **A** noticed **B** solved **C** found **D** saw



Email overload

A recent survey **(0)** ..... that office workers are suffering from an increasingly common 21st-century problem: too many emails. The study, which involved observing the **(1)** ..... of over 50 companies, appears to show that the huge number of messages they are now receiving is **(2)** ..... many of them from doing their jobs properly. In some cases, **(3)** ..... to the authors of the report, the negative **(4)** ..... on concentration can be as bad as losing a whole night's sleep.

The main problem seems to be that whenever employees receive emails, they feel **(5)** ..... to reply to them immediately. Often the message has nothing at all to **(6)** ..... with the work they are currently involved in, requiring them to focus on a completely different issue – until the next email arrives. These constant changes are tiring for the brain and this inevitably **(7)** ..... to poor overall performance.

Many employees continue to do this outside working **(8)** ....., checking their emails at home again and again just in **(9)** ..... there are any new messages. Some even do so while they are on holiday.

The solution, say the scientists who **(10)** ..... the survey, is relatively simple. Companies should advise people to check their emails far less often, possibly as **(11)** ..... as three or four times a day, reminding them that not every message needs an instant reply. They could also encourage their employees to relax more, and not **(12)** ..... their work quite so seriously.

LIVEWORKSHEETS

1	**A** crew	**B** staff	**C** team	**D** band
2	**A** delaying	**B** opposing	**C** preventing	**D** interfering
3	**A** agreeing	**B** relating	**C** depending	**D** according
4	**A** effect	**B** result	**C** reaction	**D** product
5	**A** needed	**B** ordered	**C** commanded	**D** obliged
6	**A** see	**B** do	**C** make	**D** go
7	**A** results	**B** leads	**C** causes	**D** creates
8	**A** days	**B** terms	**C** hours	**D** turns
9	**A** case	**B** event	**C** time	**D** fact
10	**A** made up	**B** took part	**C** carried out	**D** filled in
11	**A** few	**B** many	**C** little	**D** much
12	**A** feel	**B** take	**C** think	**D** regard

LIVEWORKSHEETS

TEST 10

0 **A** stands **B** goes **C** stays **D** lies



St Lucia

The island of St Lucia, which **(0)** ..... between St Vincent and Martinique, is said to be one of the most attractive in the Caribbean. Measuring 44 kilometres long and 22 kilometres in width, it has a central mountain **(1)** ..... which runs the length of the island. There are white sandy beaches with wonderful **(2)** ..... of the two tall volcanoes called the Pitons, **(3)** ..... of which are covered – like most of the island – in dense forest.

The climate is hot and tropical **(4)** ..... the year, with average daily temperatures of about 27°C. Showers can occur in any month, although they are usually **(5)** ..... fairly quickly.

Not surprisingly, St Lucia is extremely **(6)** ..... with tourists. There is a wide range of **(7)** ..... , from camping to luxury hotels, and it is very well **(8)** ..... by sea and air with the rest of the world. **(9)** ..... this, the island remains largely unspoilt and there are many quiet places to visit.

Not far from the coastal areas there are beautiful waterfalls in spectacular green valleys, often with **(10)** ..... anybody else about. The roads are narrow and winding, so it is not **(11)** ..... to travel any distance by car. A much better way to **(12)** ..... to know the countryside of this lovely island is on horseback.

LIVEWORKSHEETS

1	**A** queue	**B** range	**C** row	**D** series
2	**A** views	**B** scenes	**C** looks	**D** sights
3	**A** either	**B** all	**C** both	**D** each
4	**A** around	**B** while	**C** throughout	**D** over
5	**A** past	**B** over	**C** through	**D** beyond
6	**A** liked	**B** favourite	**C** enjoyed	**D** popular
7	**A** housing	**B** shelter	**C** sleeping	**D** accommodation
8	**A** connected	**B** joined	**C** related	**D** united
9	**A** Since	**B** Although	**C** Despite	**D** However
10	**A** nearly	**B** hardly	**C** almost	**D** just
11	**A** suitable	**B** favourable	**C** acceptable	**D** advisable
12	**A** want	**B** have	**C** get	**D** need

LIVEWORKSHEETS

TEST 11

0 **A** believe **B** imagine **C** realise **D** suppose



PAPER

'Just **(0)** ..... a day without paper,' reads one advertisement for a Finnish paper company. It adds, 'You almost **(1)** ..... see our products every day.' And they're right. But in most industrial countries, people are so **(2)** ..... to paper – whether it's for holding their groceries, for drying their hands or for **(3)** ..... them with the daily news – that its **(4)** ..... in their daily lives passes largely unnoticed.

At one **(5)** ..... paper was in short supply and was used mainly for important documents, but more recently, growing economies and new technologies have **(6)** ..... a dramatic increase in the **(7)** ..... of paper used. Today, there are more than 450 different grades of paper, all designed for a different **(8)** ..... .

Decades ago, some people predicted a 'paperless office'. **(9)** ....., the widespread use of new technologies has gone hand-in-hand with an increased use of paper. Research into the relationship between paper use and the use of computers has shown that the general **(10)** ..... is likely to be one of growth and interdependence.

However, the costs **(11)** ..... in paper production, in terms of the world's land, water and air resources, are high. This **(12)** ..... some important questions. How much paper do we really need and how much is wasted?

LIVEWORKSHEETS

1	A	positively	B	obviously	C	certainly	D	absolutely
2	A	conscious	B	acquainted	C	familiar	D	accustomed
3	A	providing	B	delivering	C	contributing	D	giving
4	A	task	B	operation	C	service	D	role
5	A	time	B	instance	C	date	D	occasion
6	A	called on	B	come around	C	brought about	D	drawn up
7	A	total	B	portion	C	number	D	amount
8	A	point	B	goal	C	purpose	D	result
9	A	Instead	B	Besides	C	Otherwise	D	Alternatively
10	A	method	B	order	C	trend	D	system
11	A	involved	B	contained	C	held	D	connected
12	A	puts	B	raises	C	gets	D	places

LIVEWORKSHEETS

TEST 12

0 **A** known **B** common **C** popular **D** normal

0	A	B	C	D
			■	

THE MUSTARD SHOP

Norwich, a city in the east of England, is a **(0)** ..... shopping centre for thousands of people. In particular, visitors love to **(1)** ..... the small, unusual shops hidden away in Norwich's narrow streets. The Mustard Shop is usually high on everybody's **(2)** ..... of interesting shops to see.

The **(3)** ..... between mustard, a type of sauce, and Norwich **(4)** ..... back to the nineteenth century. Jeremiah Colman began to make mustard in 1814 in a nearby village. The yellow fields, full of mustard flowers whose seeds were required for Colman's factory, soon changed the appearance of the local **(5)** ..... . The company **(6)** ..... rapidly and in 1854 it moved to a suburb on the **(7)** ..... of Norwich. By this time, Colman's mustard was famous in many countries. The company is still in **(8)** ..... and many people continue to enjoy eating mustard with meat, cheese and other food.

In 1973, the company opened The Mustard Shop. It is a careful reproduction of a typical mustard shop of a hundred years ago and sells a wide **(9)** ..... of mustards. Upstairs there is a small museum where visitors can **(10)** ..... a collection of old Colman's posters and an exhibition **(11)** ..... the history of mustard. It is a shop not to be **(12)** ..... when visiting Norwich.

LIVEWORKSHEETS

1	A	explore	B	enquire	C	research	D	analyse
2	A	account	B	brochure	C	list	D	guide
3	A	join	B	tie	C	union	D	link
4	A	comes	B	goes	C	belongs	D	leads
5	A	view	B	scenery	C	background	D	nature
6	A	expanded	B	enlarged	C	increased	D	strengthened
7	A	limits	B	frontiers	C	sides	D	outskirts
8	A	reality	B	fact	C	existence	D	force
9	A	amount	B	extent	C	range	D	set
10	A	review	B	watch	C	examine	D	remark
11	A	explaining	B	announcing	C	expressing	D	discovering
12	A	unnoticed	B	missed	C	escaped	D	left

LIVEWORKSHEETS

TEST 13

0 **A** advantage **B** benefit **C** profit **D** gain



THE PERFORMING ARTS

In the past, British children were frequently encouraged to try out their performing skills for the **(0)** ..... of adults. They did this by reading aloud, acting or **(1)** ..... a musical instrument. As they **(2)** ..... up they were taken to public places of entertainment – the theatre, opera, circus or ballet. They looked forward to these **(3)** ..... with great **(4)** ..... and would remember and discuss what they had seen for many weeks afterwards. But nowadays television and computers **(5)** ..... an endless stream of easily **(6)** ..... entertainment, and children quickly accept these marvellous **(7)** ..... as a very ordinary part of their everyday lives. For many children, the sense of witnessing a very **(8)** ..... live performance is gone forever.

But all is not lost. The **(9)** ..... of a TV set may have encouraged a very lazy response from **(10)** ..... in their own homes, but the **(11)** ..... of those with ambitions to become performing artists themselves does not seem to have been at all diminished. And live performances in public are still relatively **(12)** ....., albeit with an older, more specialist audience.

LIVEWORKSHEETS

1	A	controlling	B	handling	C	doing	D	playing
2	A	developed	B	grew	C	advanced	D	brought
3	A	circumstances	B	occasions	C	incidents	D	situations
4	A	sensation	B	action	C	thrill	D	excitement
5	A	supply	B	send	C	stock	D	store
6	A	applicable	B	convenient	C	available	D	free
7	A	designs	B	inventions	C	exhibits	D	appearances
8	A	special	B	peculiar	C	specific	D	particular
9	A	attendance	B	presence	C	being	D	company
10	A	spectators	B	onlookers	C	viewers	D	listeners
11	A	want	B	appeal	C	pressure	D	desire
12	A	famous	B	favourite	C	popular	D	approved

LIVEWORKSHEETS