TEST 26

Example: 0 F I T N E S S

Running for health

If you want to improve your overall level of **(0)** ..... , running is one of the best sports to choose. It can increase the **(25)** ..... of your bones, it is good for your heart, and it can help with weight **(26)** ..... . You will soon begin to see a **(27)** ..... improvement in your general health and if you are the sort of person who enjoys a challenge, then you could consider making the **(28)** ..... to run a marathon – a race of approximately 42 kilometres.	**FIT** **STRONG** **LOSE** **SIGNIFY** **DECIDE**
Experienced runners and sports **(29)** ..... say you should make a point of having a physical check-up with your doctor before you start training. Another **(30)** ..... is that anyone who has an old back, knee or ankle **(31)** ..... should take extra care. You should never use running shoes which hurt your feet or which feel **(32)** ..... after a long run. It is a good idea to start by running slowly for about twenty minutes three times a week and **(33)** ..... increase the number of kilometres you run. You should find running long **(34)** ..... gets progressively easier, and after a time, you may feel that even a marathon will be possible!	**INSTRUCT** **RECOMMEND** **INJURE** **COMFORT** **GRADUAL** **DISTANT**

LIVEWORKSHEETS

TEST 27

Example: 0 K N O W N

Pizza

Italian pizza is arguably better **(0)** ..... in the world today than any other type of food. It was **(25)** ..... a meal for the poor, but now it can be found in restaurants all over the world, enjoying universal **(26)** ..... . Italians are still very fond of pizza, and it is often their **(27)** ..... of meal when they go out to eat with family or friends.

KNOW
ORIGIN
POPULAR
CHOOSE

Pizza is in many ways the perfect main dish: it is **(28)** ..... and so it looks great on your plate; it is always fun to eat and, best of all, it is wonderfully **(29)** ..... . On top of all this, it is also an extremely **(30)** ..... meal because it makes you feel pleasantly full.

COLOUR
TASTE
SATISFY

Most **(31)** ..... pizzas are cooked in a wood-burning brick oven, but if you follow a **(32)** ..... recipe, you can easily make pizza at home. The **(33)** ..... topping is tomato and cheese, but the list of possible ingredients you can add to that is almost infinite. So, whether it is with ham and anchovies, eggs and spinach, or mushrooms and onions, there are countless ways of making a truly **(34)** ..... pizza.

TRADITION
RELY
BASE
FORGETTABLE

LIVEWORKSHEETS

TEST 28

Example: 0 L E A D I N G

A sporting chef

I work as Head Chef at a top hotel. Because of our big-city location and five-star facilities, we get **(0)** ..... sportspeople among our guests. I have **(25)** ..... dishes for footballers, athletes and golfers, and I have built up good **(26)** ..... with many famous clients. It's a dream job!

LEAD
PRODUCT
RELATION

Of course, when the really famous names are here, we pay more **(27)** ..... to security in the hotel, so it can be difficult to get to know such people **(28)** ..... . But really, they are just ordinary people who need to eat, drink and sleep, like the rest of us! Some can be a bit fussy about their dietary requirements, so it's important for me to find out if there are any foods they strongly **(29)** ..... , or, indeed, really enjoy.

ATTEND
INDIVIDUAL
LIKE

Obviously, sportspeople, like anybody else, have different **(30)** ..... . But all of them are keen to avoid food which is **(31)** ..... . This can vary with their sport – those who do **(32)** ..... sports, like footballers, go for things like pasta; while boxers, for example, have a diet very high in protein. I am very **(33)** ..... of my staff, and I believe that by feeding our sporting guests well, we can actually help to improve their **(34)** ..... on the sports field.

PREFER
HEALTH
ENERGY
PRIDE
PERFORM

LIVEWORKSHEETS

TEST 26

0 **A** basis **B** foundation **C** source **D** reason

0	A	B	C	D

Proof that silence is golden for studying

The combination of music and study has long been a **(0)** ..... of disagreement between adults and children. Parents and teachers alike maintain that silence is important when learning, **(1)** ..... youngsters insist that their favourite sounds help them concentrate.

Now a study shows that the grown-ups have been **(2)** ..... all along. Psychologists in Florida tested how fast students wrote essays with and without music in the **(3)** ..... . They found that the sounds **(4)** ..... progress down by about sixty words per hour. 'This demonstrates clearly that it is difficult to **(5)** ..... with listening and writing at the same time,' said Dr Sarah Randall. She also **(6)** ..... to the conclusion that it is a myth that instrumental music is less distracting than vocals. 'All types of music **(7)** ..... the same effect,' she said in her report. 'One's ability to pay attention and write fluently is likely to be **(8)** ..... by both vocal and instrumental music,' she added.

Dr Randall claimed the research **(9)** ..... that the idea that music could improve performance was wrong. 'Writing an essay is a complex **(10)** ..... . You are recalling information and putting it in **(11)** ..... . An additional stimulus in the form of music is bound to distract. But music is not the only distractor. What is **(12)** ..... worrying is that more and more teenagers are studying in front of the television.'

1	**A** whereas	**B** unlike	**C** besides	**D** despite
2	**A** precise	**B** right	**C** valid	**D** true
3	**A** setting	**B** background	**C** surrounding	**D** circumstances
4	**A** slowed	**B** reduced	**C** lowered	**D** decreased
5	**A** manage	**B** support	**C** cope	**D** stand
6	**A** reached	**B** drew	**C** arrived	**D** came
7	**A** made	**B** had	**C** brought	**D** kept
8	**A** disturbed	**B** interfered	**C** bothered	**D** shocked
9	**A** pointed	**B** displayed	**C** demonstrated	**D** presented
10	**A** project	**B** concern	**C** scheme	**D** task
11	**A** order	**B** arrangement	**C** line	**D** pattern
12	**A** partly	**B** largely	**C** particularly	**D** mainly

LIVEWORKSHEETS

TEST 27

0 **A** suppose **B** consider **C** imagine **D** think

0	A	B	C	D
	▭	▭	▬	▭

A long snooze

Many people enjoy lying in bed in the morning, but can you **(0)** ..... having to spend 90 days in bed? Could you **(1)** ..... the boredom and the frustration of not being **(2)** ..... to get up? That was the **(3)** ..... that faced 14 volunteers when they **(4)** ..... on a bed-rest experiment being **(5)** ..... by the European Space Agency.

The study had a serious purpose: to **(6)** ..... the changes that take place in the human body during long-duration spaceflight. Lying in a horizontal position was the best way of simulating weightlessness. The aim was to discover what effect **(7)** ..... of weightlessness will have on the health of astronauts spending several months on the International Space Station.

The volunteers ate their meals, took showers and underwent medical tests without ever sitting up. That's even **(8)** ..... than it sounds, especially when you **(9)** ..... that no visitors were permitted. However, each volunteer did have a mobile phone, as well as **(10)** ..... to the latest films, computer games and music.

Surprisingly, everyone was in a good **(11)** ..... at the end of the 90 days. 'I would do it again,' said one of the volunteers. 'It was disorientating, but we knew we were **(12)** ..... to medical research and space exploration.'

1	**A** stand	**B** maintain	**C** hold	**D** support
2	**A** enabled	**B** allowed	**C** granted	**D** approved
3	**A** business	**B** work	**C** occupation	**D** task
4	**A** came by	**B** started out	**C** took off	**D** set up
5	**A** produced	**B** carried	**C** conducted	**D** applied
6	**A** investigate	**B** search	**C** inquire	**D** question
7	**A** times	**B** periods	**C** stages	**D** terms
8	**A** stronger	**B** firmer	**C** greater	**D** tougher
9	**A** reckon	**B** realise	**C** regard	**D** remark
10	**A** access	**B** convenience	**C** availability	**D** freedom
11	**A** attitude	**B** spirit	**C** feeling	**D** mood
12	**A** donating	**B** participating	**C** contributing	**D** delivering

LIVEWORKSHEETS

TEST 28

0 **A** follow **B** belong **C** own **D** hold

0	A	B	C	D

Dogs

Dogs were one of the first animals to be domesticated. Although they all **(0)** ..... to the same species, they **(1)** ..... more in size and appearance than any other animal, and are now **(2)** ..... wherever there are human beings. They all have good hearing and an excellent sense of smell. **(3)** ..... the differences between breeds, all dogs are **(4)** ..... from the same ancestor, the grey wolf. Wolves enjoy hunting and are ready to run **(5)** ..... prey, which is why dogs today like energetic games and plenty of exercise. Pet dogs that are not **(6)** ..... enough to do can become bored and **(7)** ..... . Like wolves, dogs lived in groups called packs. They **(8)** ..... well to domestication as they came to **(9)** ..... their human owners as pack leaders.

The domestication of dogs began many thousands of years ago when grey wolves, in search of food, were **(10)** ..... to human settlements. The wolves must gradually have become used to people, who would soon have discovered that they were quite useful animals, for wolves ran faster than people and could **(11)** ..... them hunt other animals. People **(12)** ..... for the wild wolves and so the wolves became domesticated.

1	**A** transform	**B** alter	**C** change	**D** vary
2	**A** general	**B** average	**C** common	**D** ordinary
3	**A** Despite	**B** Although	**C** However	**D** While
4	**A** emerged	**B** linked	**C** descended	**D** related
5	**A** away	**B** after	**C** into	**D** over
6	**A** given	**B** provided	**C** handed	**D** presented
7	**A** destructive	**B** harmful	**C** damaging	**D** injuring
8	**A** suited	**B** grew	**C** responded	**D** matched
9	**A** think	**B** see	**C** agree	**D** believe
10	**A** interested	**B** attracted	**C** appealed	**D** tempted
11	**A** assist	**B** help	**C** support	**D** allow
12	**A** guarded	**B** protected	**C** attended	**D** cared

LIVEWORKSHEETS

Name_____

Harry Houdini

Born in Budapest, Hungary, in 1874, Erich Weisz would later be known as the famous magician Harry Houdini. Houdini was one of seven children. His family moved from Hungary to the United States, and when he was thirteen, he moved with his father to New York to help find a place for the family to live and to begin working.

By 1894, Houdini was beginning to perform his magic for small audiences; however, most were only interested in his escape tricks, such as freeing himself of shackles or from locked prisons. By 1899, Houdini was traveling and living with a vaudeville act that performed around the country.

Houdini's most famous escape trick was the Chinese Water Torture Cell. For this trick, Houdini was suspended by his feet and then lowered into a locked glass cabinet that was filled with water. His body was upside down in the tank. He had to hold his breath for over three minutes to escape from the water-filled prison. Houdini continued to perform until his death in 1926 at the age of fifty-two.

After Houdini's death, his brother was given Houdini's collection of props. Eventually, his brother sold the items and after several different sales, many of his most important pieces—including the Chinese Water Torture Cell—became the property of another well-known magician, David Copperfield.

Text Questions

1. Which paragraph gives the most information about Houdini's childhood?
   a. first paragraph
   b. second paragraph
   c. third paragraph
   d. fourth paragraph
2. Why might David Copperfield want anything that belonged to Harry Houdini?
   a. He wanted to destroy the other magician's props.
   b. He wants to put the items on display in a museum.
   c. He most likely admired the magician and wanted something that belonged to him.
   d. He probably did not realize what he was buying.
3. What can you infer about Houdini's success as a magician?
   a. Everyone loved to watch his performances.
   b. He created all of his own tricks.
   c. His parents gave him money to help get his career started.
   d. His main success came from his skill as an escapee artist.
4. From what you read in the text, which of the following statements is true?
   a. Harry Houdini never married.
   b. Harry Houdini wanted to return to his home in Hungary.
   c. Harry Houdini was eventually a successful magician.
   d. Harry Houdini admired the work of David Copperfield.
5. What does the word *shackles* mean as it is used in the second paragraph?
   a. rope tied into a noose
   b. chains used to imprison
   c. words used to insult
   d. tape used to bind

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LIVEWORKSHEETS

Name_____

Benjamin Franklin

In 1706, one of America's most well-known historical figures was born: Benjamin Franklin. Franklin was born in the Massachusetts Bay Colony and is considered one of the founding fathers of the United States of America.

Like many children during this time period, Franklin began working at an early age. By the time he was ten, he was already learning to make candles at his father's business. By age twelve, he was apprenticed to work at a print shop, and by age fourteen, he was printing many of his own writings under a pseudonym. Eventually, Franklin would leave his apprenticeship and move to Philadelphia.

Franklin had found his life's passion during his apprenticeship while working with a printing press. He would eventually purchase his own newspaper. He published *Poor Richard's Almanac* by 1732, and during the following years, he would see his success continue to grow. Franklin also began to expand his interests into scientific pursuits during the next few decades. He invented the Franklin stove, and during this time, he also conducted his well-known kite experiments regarding electricity.

Politically, Benjamin Franklin would be part of the colonies rebellion against British rule. He would represent Pennsylvania at the Constitutional Convention. It was here the United States Constitution would be ratified. Franklin also participated in electing George Washington as the new country's first president. These accomplishments and Franklin's many other achievements serve to give him a prominent place in America's history.

Text Questions

1. According to the text, besides his political career, what are two other interests Ben Franklin had as an adult?
   a. science and horticulture
   b. technology and engineering
   c. education and writing
   d. writing and science
2. Which is a synonym for the word *rebellion* as it is used in the last paragraph?
   a. revolt
   b. support
   c. maintain
   d. reveal
3. Which statement is an opinion?
   a. Benjamin Franklin was born in 1706.
   b. Benjamin Franklin is one of America's most popular historical figures.
   c. Benjamin Franklin published *Poor Richard's Almanac*.
   d. Benjamin Franklin was a representative at the Constitutional Convention.
4. What was the author's purpose in writing this text?
   a. to entertain
   b. to persuade
   c. to inform
   d. to state an opinion
5. Why might children who lived during Franklin's time have apprenticeships?
   a. so they did not have to go to school
   b. so they could learn trades or ways to make a living
   c. so they could earn extra money for entertainment and food
   d. so they could share what they learned with others

LIVEWORKSHEETS

Name_____

Anne Frank

Anne Frank, a young Jewish girl born in 1929, was eventually a victim of the horrific Holocaust of World War II. She became famous posthumously when a diary she wrote while in hiding eventually became published. Today, her story has been read by millions of people across the globe.

Anne was the youngest child of Otto and Edith Frank. She had an older sister, Margot. Originally, the family lived in Germany, but when Adolph Hitler became Chancellor, Otto Frank knew he had to do something. He moved his family to Amsterdam to try to keep them safe. In Amsterdam, the family was forced into hiding, along with four other people. Their hiding place—where they would stay for over two years—was a place they called the Secret Annex. The Annex was located inside Otto Frank's business. Friends of the family helped get them food and supplies and were the only contact they had with the outside world since they could never leave the hiding place.

During their time in hiding, Anne kept a diary. Once her original diary was full, she wrote on any paper she could find. After August 4, 1944, there are no more entries because Anne and her family were found and captured by the Nazis. To this day, no one knows who gave away their hiding place to the Nazis.

Of the eight people who went into hiding, only Otto Frank survived. Anne and her sister died from typhus while being held at the Bergen-Belsen concentration camp, yet despite her early and tragic death, Anne's words live on even today. After the war, Otto Frank, with the help of friends, collected Anne's writings and had them published into a book. Her story has been made into several movies and is also performed as a play. One can be sure that Anne Frank's story will never be forgotten.

Text Questions

1. What does the word *posthumously* mean as it is used in the first paragraph?
   a. during someone's lifetime
   b. before someone was born
   c. centuries later
   d. after someone's death
2. Which title would be a good alternative for this text?
   a. "The Frank Family"
   b. "The Horror of the Nazi Holocaust"
   c. "Anne Frank: Her Words Live On"
   d. "Nazi Germany"
3. Based on the text, why did Mr. Frank most likely have his daughter's diary published into a book?
   a. He wanted to make a lot of money.
   b. He wanted others to know what Anne's life had been like while in hiding.
   c. He wanted to become an author.
   d. He hoped the diary would be made into a movie.
4. When the war was over, which member of the Frank family survived?
   a. Edith Frank
   b. Otto Frank
   c. Anne Frank
   d. Margot Frank
5. Which statement is an opinion?
   a. Anne Frank was born in 1929.
   b. Anne Frank was the youngest child of Otto and Edith Frank.
   c. Anne Frank and her family moved to Amsterdam.
   d. Anne Frank's story should never be forgotten.

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LIVEWORKSHEETS