

TEST 26

Example:

0	F	I	T	N	E	S	S										
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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.

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!

FIT

STRONG

LOSE

SIGNIFY

DECIDE

INSTRUCT

RECOMMEND

INJURE

COMFORT

GRADUAL

DISTANT

TEST 27

Example:

0	K	N	O	W	N														
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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.

TRADITION

RELY

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.

BASE

FORGETTABLE

TEST 28

Example:

0	L	E	A	D	I	N	G												
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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

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 |

TEST 27

0 A suppose B consider C imagine D think

0	A ☐	B ☐	C ☒	D ☐
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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 |

TEST 28

0 A follow B belong C own D hold

0	A ☐	B ☒	C ☐	D ☐
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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 |

Name _____

Prohibition

From 1920 to 1933, there was a nationwide ban on the sale, production, and transportation of alcoholic beverages. It was called "Prohibition."

Prohibition was set in place by the ratification of the Eighteenth Amendment to the United States Constitution. The 18th Amendment was overturned in 1933 with the passage of the 21st Amendment.

The Prohibition movement started in earnest after the formation of the Anti-Saloon League in 1893. Together, with the support of similar organizations like The American Temperance Society and The Woman's Christian Temperance Union, these groups were able to get Prohibition laws passed locally, and from there, the national movement grew. In 1881, Kansas became the first state to outlaw alcohol.

During this time, breweries were very prosperous, and saloons were opening at an alarming rate. The consumption of alcohol grew to the point that it was considered by many to be an epidemic.

Prohibition began on January 17, 1920, when the Eighteenth Amendment went into effect. A total of 1,520 Federal Prohibition Agents (police) were given the task of enforcing the law.

During Prohibition, people were allowed to make limited amounts of certain beverages. Also, it is important to note that drinking alcohol was not illegal; only the selling of it was.

Many illegal establishments sprang up that served alcohol. Organized crime also got a major boost during this time. Bootlegging (delivering illegal alcohol) and other violent crimes grew enormously in many major cities.

Overall, the consumption of alcohol declined during Prohibition. One of the major reasons Prohibition failed was the inability of the government to regulate it. Too many people wanted to drink who had always been good citizens, and they refused to view drinking as breaking the law. As a result, the law was unpopular and ignored.

Text Questions

- What was illegal under Prohibition?
 - selling alcohol
 - producing alcoholic beverages
 - transporting alcohol
 - all of the above
- Which Constitutional amendment set Prohibition in place?

a. the 18th Amendment	c. the 21st Amendment
b. the 20th Amendment	d. the 23rd Amendment
- Why did Prohibition fail at that time?
 - People wanted to use alcohol for medicine.
 - People used alcohol for religious reasons.
 - The government was not able to effectively regulate it.
 - Consuming alcohol became an epidemic.
- What does *prosperous* mean as it is used in the fourth paragraph?

a. ominous	c. controversial
b. successful	d. lucky
- Based on what you read, do you think Prohibition would succeed or fail today? Give evidence and reasons to support your answer.

Name _____

The Great American Dessert

Frozen desserts have been around much longer than you might imagine. Over two thousand years ago, Alexander the Great enjoyed snow and ice flavored with nectar. During the Roman Empire, runners were sent to the mountains for snow, which was then flavored with fruit or juice. Much later, the great explorer Marco Polo brought a recipe from the Far East that was similar to sherbet. Historians surmise this evolved into the ice cream we know today.

Frozen desserts incorporating cream appeared in France, England, and Italy during the same time period. At first, it was a dish for royalty. Ice cream was first served to the public at a café in Paris in the late 1600s. The dish had milk, cream, butter, and eggs.

Ice cream didn't arrive in America for another hundred years. Historical records indicate George Washington and other early presidents dined on ice cream. A merchant's advertisement from the time claims ice

cream was available "almost every day." Even so, it was a dish reserved mostly for the elite.

In the early 1800s, insulated ice houses made the storage of ice cream much more practical. By the middle of the century, ice cream had become quite an industry in America. The Industrial Revolution resulted in an increase in ice-cream production. New freezing processes and equipment made it easier to make ice cream.

Ice cream evolved through the invention of various products such as "ice-cream sodas." Some people claimed such treats were too rich to eat on Sunday. On Sundays, the carbonation was left out, leading to the ice-cream sundae. During times of war, ice cream became a tangible way to boost the morale of the troops. During the rise of the supermarket and prepackaged foods, ice-cream parlors declined. Recently, however, specialty ice-cream shops have become popular once again.

Text Questions

- Which of the following best describes early frozen desserts?
 - cream poured over ice
 - snow flavored with fruit or juice
 - a concoction made with milk, cream, sugar, and eggs
 - a mixture of salt and snow poured over syrup
- Which is a synonym for the word *morale* as it is used in the text?
 - assurance
 - resolve
 - confidence
 - spirits
- Who might be credited with a frozen dessert that led to ice cream as we know it today?
 - Alexander the Great
 - the Romans
 - people in the Far East
 - George Washington
- According to the passage, how did technology influence the ice-cream industry?
 - Insulated ice houses and improved freezing techniques made it easier to produce and store ice cream.
 - Advances in communication and advertising made it possible for more people to know about ice cream.
 - When presidents ate ice cream, that made it more well-known to the general population.
 - Advances in transportation made it possible to bring ice cream to more people without having it melt.
- What would you predict to be the next new development in the ice-cream industry? Give reasons for your answer.

Name _____

The History of Airships

Airships have been made famous by the Goodyear blimp at sporting events and the famous Hindenburg disaster. These unusual flight machines have quite a history.

In 1783, the Montgolfier brothers made history when they heated the air inside a balloon. The balloon was made of taffeta and was varnished with alum. They sent three animals on an eight-minute, two-mile flight across the royal palace of Versailles. This was the first flight to ever carry living creatures. Rewarded for their efforts, the brothers were recognized as nobility. To this day, standard hot-air balloons carry their name.

At the same time, others were experimenting with balloon flight. Some men in Paris used hydrogen instead of hot air for a two-hour manned flight. With the success of this and other flights, hydrogen gas became the preferred gas in airships until helium was produced on a larger scale after World War I. Steering was an ongoing problem that plagued airships. It became evident that a change in shape would be

necessary to solve the dilemma. The machines also needed forward propulsion. Engines proved heavy and cumbersome. In 1884, electricity was used to power the floating balloons, but they still hadn't solved the problem of reliable steering.

Count Zeppelin observed war maneuvers in balloons during the Civil War and the Siege of Paris. He petitioned for a commission to develop steering for airships. His first airship, Luftschiff Zeppelin 1, flew in 1900. This marked the beginning of the golden age of airships.

Airships weren't golden for long. In the next 40 years, there were over 45 accidents involving airships. Over ten people died. Some airships simply exploded in midair, and others drifted and hit objects. At least one accident was due to a lightning strike that ignited the hydrogen into a massive eruption.

Airships are now primarily used for advertising, sightseeing, surveillance, and research purposes.

Text Questions

- Which gas was used before helium to lift airships?
 - oxygen
 - hydrogen
 - nitrogen
 - carbon dioxide
- Which is a synonym for the word *dilemma* as it is used in the third paragraph?
 - argument
 - difficulty
 - danger
 - problem
- What was one obstacle that needed to be overcome in airship technology for them to become truly successful?
 - lift
 - construction materials
 - fuel
 - steering
- Which of the following is not a common use of airships today?
 - passenger transport
 - surveillance
 - research
 - advertising
- In your opinion, how does the development of airship technology contribute to society as a whole?
