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A Helping Hand

Lee Newton was sitting on a station platform under an old blanket when he saw a young couple talking. (1)..... It was a freezing night in January, and the couple were clearly cold. Lee called to them and asked them if they wanted to share his blanket. The three of them started chatting, and Lee learned that their names were Karen and Mark.

(2)..... Lee told them that he'd lost his job and then his flat when he could no longer pay the rent. He had no family to help him, and nowhere to go. (3)..... Karen and Mark felt terrible. They couldn't imagine sleeping on the icy platform for even one night. As they spent their night in the station chatting to Lee, they realized that anyone could end up in his situation. (4).....

When morning came, Karen and Mark bought an extra train ticket and invited Lee to come home with them. Lee accepted, and gratefully moved into Karen and Mark's spare bedroom. Once he had an address, Lee was able to apply for jobs. (5)..... He saved up to buy a small motorbike, then got an evening job delivering pizzas. After a few months, Lee had saved up enough money to rent a small flat of his own.

'When times get tough, you need friends and family,' Lee says.

'Karen and Mark became that for me.' An act of kindness was all Lee needed to help him get his life back.

A He offered to drive them home.

B He'd been sleeping in the train station for three months.

C They'd missed the last train, and they seemed upset.

D They enjoyed living together, so Lee decided to stay.

E He soon found work in a local factory.

F They felt very lucky to have jobs and a home.

G It wasn't a big problem because he bought a flat.

H Karen explained that they lived two hours away and they couldn't afford a taxi home.

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A new way of making electricity

Ever since the 19th century, when people were developing different ways of creating electricity, companies have looked for improved ways of producing power, using cleaner and more efficient methods.

Now a UK company called Pavegen has been working on technology that could be widely used in the future to produce electricity. (1)..... The company has developed a special type of floor, made of square tiles. Underneath each square, there's a system that can produce a certain amount of electricity very cheaply – from the energy created every time someone steps on it! The creator of the floor, Laurence Kemball-Cook, came up with the idea when he was a student, and did some work experience with an energy company. The company asked him to investigate ways of providing street lighting in city centres, using energy from the sun to produce electricity. (2)..... One reason was that many city centres don't get enough sunlight, because of all the tall buildings. Then he thought of a better plan.

(3)..... The right technology could be used to convert this energy into electricity – right under people's feet!

The design of the floor is actually extremely effective. (4).....

And the reason is that a lot of energy is produced simply because of the large numbers of people walking across the floor. In fact, the special squares are already in place in several locations with high numbers of pedestrians. These include big department stores and also an airport.

The flooring can have other uses too, such as recording how many people visit a shopping centre at particular times. (5)..... For example, shop owners in the centre would be interested in knowing at which times of days they have the highest customer numbers. So the next time you visit a big shopping centre, have a careful look at the floor that you're walking across!

- A But that isn't the end of the story.
- B This kind of information is very useful for certain people.
- C Why not use the energy created by pedestrians instead?
- D However, one big problem could be cost.
- E And it's actually based on a simple idea.
- F This is especially true when it's been used in very busy areas.
- G But it soon became clear that this might not work.
- H This new system should work even better.

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An Amazing Journey

I was walking my dog near my home in San Francisco last spring when I saw a large black Labrador on its own. It was wearing a blue collar, but there was no sign of an owner anywhere. (1)..... I was only joking, but it came running to me and stood by my side, ready to leave. I knew that this was someone's lost pet.

I fed and bathed the dog and checked its collar. There was a tag on it with a phone number. It turned out that the dog's name was Banjo, and sure enough, he had an owner and a home. The trouble was that his home was in Chicago – over 2,000 miles away! (2)

..... Banjo had been missing for over a year, and they had no idea how he had got all the way across the country. They also had no idea how to get him back again because they had a newborn baby at home and couldn't make the long journey to San Francisco. I used social media to ask for help. It wasn't long before we had a long list of volunteers who wanted to help Banjo to get home. (3)

..... It was important that they knew how to take care of Banjo. Banjo set off on his journey, and met new people in California, Arizona, New Mexico, Texas, Oklahoma, Arkansas and Missouri before he reached his home state of Illinois.

(4)..... Banjo was delighted to meet the new baby and to be back home. His owners were thrilled to have him back. (5)..... Banjo's story just goes to show what people can achieve when they all work together!

- A I made sure that all of them were pet owners.
- B I decided to travel to Chicago with Banjo.
- C It took 20 drivers four days to reunite Banjo with his family.
- D I asked the dog if it wanted to come home with me.
- E I hope he won't go wandering again.
- F His owners, Tina and Dan, were amazed to hear from me.
- G It was clearly hungry, and needed to rest.
- H I didn't know who the dog belonged to.

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Baking and Me

I've always been keen on cooking and you'd often find me in the kitchen preparing the evening meal. (1)..... It started because of my young children, who were always ready to bake and loved the chance to make cakes at the weekend. I never realised at the time how important it would become in my life. What started as a way of entertaining the kids became a passion for me and one that I love to pass on to others. (2).....

To begin with there's the preparation. Unlike normal cooking, baking requires a great deal of care. (3)..... Cooking a spaghetti or a curry does not require the same degree of attention. I find this interesting as being careful like this is not something that I have ever been strong at. Baking gives me the opportunity to challenge myself to get things right.

Then there's baking itself. Whether it's a loaf of bread or some of my favourite cakes, for around 30 minutes my attention is on the oven. I love going back into the kitchen every so often to check to see if the cake or loaf is rising as it should do, and my eyes are always on the clock to make sure I don't leave it in too long. (4)

..... This is why people selling a house or flat are often advised to have a loaf baking in the oven when buyers arrive!

And finally, there's the chance to eat what you've made. (5).....

But cutting a slice and discovering it's just right inside as well is always extremely pleasing. After testing to see if it's OK, I love calling the family out to the kitchen to invite them all to try a piece. So yes, it's a hobby I think will stay with me for life, despite the fact that it might mean I put on weight!

- A The smell of freshly baked bread makes a house feel like home.
- B On one occasion, my baking was not successful.
- c So, what is it that makes baking such an enjoyable experience?
- D The cake or loaf might look perfectly cooked from outside.
- E However, the children always agreed to clear up the mess in the kitchen.
- F But my love of baking only began a few years ago.
- G Most of these problems have been due to the oven.
- H Ingredients need to be measured out exactly.

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Clothes Exchange

Are you like me and have clothes in your wardrobe that you have hardly ever worn? Perhaps you even have something with the label still attached. Before you put them in a bag and take them to your local charity shop or throw them away, consider another possibility. (1).....

Clothes swaps are becoming very popular as they give people the chance to offer their clothing they don't want in exchange for something they'd like to have for themselves. These parties are great for the environment. (2)..... They also allow you to update what's in your wardrobe and to do it without spending any money at all.

If you're thinking of organising one yourself, it's best to keep the event quite small, just inviting friends and relatives. (3)..... In order to make sure there's something for everyone, and that everyone feels included, invite people who are of a similar size and age. Either that or make sure there'll be a wide range of sizes on offer. Finally, decide on the number of items that everyone should bring before the event.

On the day, each person is given a button for every item they bring. These are used instead of money. You might decide before you start that some high-quality items should be worth more buttons than a much cheaper item. (4).....

Make sure items are presented nicely, not thrown on a table in a pile. The idea is to make the whole experience feel professional, almost as enjoyable as looking round your local clothes shop.

Allow 15 minutes at the beginning for people to look at what is on offer. (5)..... Make sure nobody tries to take anything before the swap is supposed to start or it may result in an argument!

- A For example, some people bring clothes that are damaged.
- B Do this with another person so everyone knows it has been done fairly.
- C Then when you're ready, the swap can begin.
- D Why not organise a clothes exchange or clothes swap party?
- E Firstly, people can recycle clothes that would otherwise end up as rubbish.
- F That's why you'll have to find another location.
- G With small numbers you can hold the event in your home.
- H However, the idea became very popular with university students.

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Computer game exhibition

Have you ever tried playing the kind of video games that your parents played? The Museum of Science in Manchester, in the UK, has held an exhibition for the last few years, which invites visitors to do exactly that. It offers them the chance to play games from the last 40 years, in various sessions throughout the day.

These video games sessions have now become one of the main attractions of the museum. They are full of people every day, playing a wide range of games.

(1)..... For parents, for example, these are usually the games they used to play in their childhood.

There's also an educational purpose to the games. For instance, some old types of computer, dating back 40 years, are also available in the sessions. They were originally used in classrooms to teach pupils to write their own computer programs.

(2)..... Now, the museum is holding workshops that encourage children to learn similar skills – and they're still very popular.

The sessions are also seen as social events, as people discover how much fun it is to play video games with other family members. And there's also an area at Power Up! where a number of visitors

can sit down together. (3)..... And nowadays, this is often how fans of video games are more likely to experience playing.

The exhibition also shows how much progress technology has made over the last 40 years. Parents can often remember playing very simple games. But the games that are played today are more complex. (4)..... And the players also have to use much more complicated techniques.

However, one serious side of the exhibition is that organisers also want to show that video gaming is an important industry, employing many skilled people.

(5)..... That way, people who enjoy gaming will also understand all the hard work, talent and imagination that goes into creating these amazing games.

- A Visitors each pay for 90-minute sessions.
- B And at the time, it helped lots of young people to do that.
- C So they hope the exhibition will share this message.
- D But not everyone thinks it's a lot of fun.
- E However, visitors often choose the ones they're similar with.
- F They have better storylines and animation, too.
- G They also create the music to go with the game.
- H Then they can all enjoy playing the same game.

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Cooper's Hill Cheese Chase

Over the past few weeks we've been looking at the strange, sometimes dangerous festivals that take place around the world. (1)

..... It's here that every year, locals visit Cooper's Hill and prepare to chase a huge wheel of cheese down a very steep hill.

The event is based on an old tradition that goes back hundreds of years, with records of it taking place as far back as the fifteenth century. Some people argue it started following the need of farmers to be able to give their animals access to land. (2).....

People crazy enough to take part chase a 4kg Double Gloucester cheese down the almost vertical slope of the hill. The cheese can travel at over a hundred kilometres an hour and, as the organisers let it go a few seconds before the runners start, the runners have very little chance of catching it. The hill is so steep that competitors find it impossible to keep control of their run. (3).....

After worries about people taking part safely, both the runners and those watching, the cheesemaker who provides the cheese for the event was warned they could get into trouble. (4)..... And for one year the cheese was replaced with something else, although

the event now continues to use the real thing. (5)..... They are told that they are responsible if they get injured during the race. If you are brave enough to try the event, all you need to do is arrive on the day and go to the top of the hill. There are a few races for men and women, as well as a children's race which goes up hill.

A The police told them they could be breaking the law if anybody was injured.

B So it is often shown on TV.

C Others believe it was a way of welcoming the beginning of spring.

D On the other hand, most people who enter are younger.

E Almost immediately they all start falling to the bottom.

F Because of issues like these, organisers make sure runners understand the dangers.

G This week we're visiting England, to a place called Gloucestershire.

H However, the cheese is made locally.

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Digging into the past

Last year, Kate Marshall was given a very exciting opportunity – to help her father, who’s a history lecturer, at a historical site! He was leading a team to dig up and explore the area.

When they arrived, though, the site wasn’t quite what Kate had expected.

(1)..... So the first job was to remove it all and prepare the land for digging. Says Kate, ‘Dad hadn’t warned me I’d have to work so hard as soon as we got there!’

But when the site was completely cleared, the team found pieces of ancient pots on the ground. However, those weren’t as exciting as everyone had thought. Kate’s dad told them that the important pots were still under the ground. And because no-one had touched them for centuries, the team would learn far more about their history – but first they would have to dig deeper. Says Kate, (2)..... But we all knew Dad was right!’

The site was divided into small squares, with a leader for each square, who told everyone how to dig. ‘That wasn’t as easy as it sounded, either,’ Kate reports. ‘Instead of just digging great big

holes, we all had to dig really carefully, and remove small amounts of soil each time. (3)..... So it made sense.'

'My friends at home were really interested in what I was doing,' Kate explains. 'They kept texting me to ask what I'd found. (4) But actually, we were looking for ordinary, everyday objects that could tell us about the people who'd lived in the area centuries ago.'

In the end, though, Kate wasn't disappointed by what she found. 'One day, when I was digging away, I found a stone with a strange shape. (5)..... Someone had obviously made it hundreds of years ago, which meant it was really important. So Dad cleaned it up, and said it would go to the nearby museum. So I was pleased that at last, I'd found something interesting!

- A It turned out to be a small figure of a horse.
- B No-one made that mistake, luckily.
- C That way, everyone made sure they didn't miss anything.
- D In fact, the whole area was actually still covered in grass.
- E It was a bit sad to see it disappear.
- F Some people were a bit disappointed by that news.
- G They probably imagined it was things like gold jewellery.
- H It was a new experience for me, too.

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Honey Bees

Honey bees are incredible insects and the worker bee perhaps the most interesting of all. You can be forgiven for not knowing about the lifestyle of these creatures while you enjoy your honey at breakfast. So here are some facts to consider the next time you buy a jar.

We all know that activity in the hive focuses on the queen. (1)

..... But it's the workers, who have much shorter lives during the summer period and may only survive for up to six weeks, who do all the work.

Worker bees are female and during the first few weeks of their lives, when they are referred to as 'house bees', they will take on many different duties. (2)..... For example, they'll clean the cells where they were born and make sure bees that have died are removed. (3)..... Finally, they'll make sure the needs of the queen bee are met.

Towards the second half of their lives, the focus of their duties changes. They'll begin by acting as guard to the hive. (4).....

Then they'll move on to becoming 'field bees' when they'll leave the

hive to collect nectar. However, this journey doesn't start until they have made sure they'll recognise the hive on their return.

They start by taking a short flight in front of the hive, flying backwards and forwards, up and down, getting a clear idea of where the hive is and what it looks like. (5)..... This careful approach is probably very wise as their search for nectar will take them a long way from home.

- A They start by making sure the hive is kept clean and tidy.
- B So most of the bees die during the summer.
- C Then they'll act as nurse to newborn bees.
- D They do this by controlling the temperature.
- E Slowly they move further and further away from the hive.
- F But you should always take care around worker bees.
- G She can live for five years and lays eggs for future generations.
- H They will make sure that only bees in the family enter.

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Lost in the mountains

When you're a mountain rescue volunteer, you never know when you're going to be called to work. We go out in all weather, and at any time of the day or night. If someone is in danger, there's no time to lose. On New Year's Day last year, I was sitting down to breakfast with my family. (1)..... Two hikers had decided to celebrate the new year by walking along a mountain ridge in Country Kerry, Ireland, just a few miles from my home. They were staying in a small guest house, and had set off early on New Year's Eve. When they didn't return by the following morning, their host became worried and called the police. (2).....

I was just one of 12 volunteers who left our breakfast tables and set out to look for the missing hikers. We pushed through strong winds and thick cloud, calling and listening over and over again. (3)..... It was too cold to survive for long out on the mountains, and the hikers had been missing for a whole day and night. (4)..... I shouted out, and was relieved to hear a voice about back. (5)..... They were so happy to see us. They explained that they'd got lost, and the winds had been too strong for them to keep walking. Luckily, they had warm clothes, food and the tent.

We led them back down the mountain and returned them to their guest house, where a delicious hot meal was waiting for them and for the rescue volunteer team. They said that they'll never forget that New Year's Day when they were rescued by local people who became heroes.

- A The police called Kerry Mountain Rescue Team.
- B The hikers were huddled together in a small tent between two large rocks.
- C They said it's extremely dangerous to go hiking in bad weather.
- D Nobody answered back so we began to lose hope.
- E We didn't know they had already found their way home.
- F Suddenly, I heard the sound of a whistle.
- G We were just about to start eating when my phone rang.
- H After searching all night, we gave up and went back home.

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Lost Luggage

Two years ago, I went on holiday to Rome with my family. It was a four-hour train journey from our home, and we all helped to plan the trip. We were looking forward to seeing the famous sights!

Everything went really well and we had a great time visiting the amazing tourist attractions. I was in charge of taking all the photos with my brand new phone, which had an excellent camera. We stayed in Rome for two weeks, and it was really incredible.

On the train journey back home, I decided to open my backpack, but I couldn't find it. (1)..... I was very upset because I'd packed my phone in that backpack, along with my travel journal. (2).....

Weeks passed, and then months. At first, I contacted the train company every week, but after some time, it was clear that my backpack was never going to be found. After a while, I forgot all about it.

Last month, I took the train to Florence on a school trip. Incredibly, my backpack went missing again! (3)..... After Rome, I always kept my phone and other important items in my pockets.

Two weeks after the Florence trip, I received a phone call from the train company. They told me they had my backpack, and they

would send it to my local station. I assumed it was my backpack from the school trip. (4)..... Someone from the train company had found the backpack from Rome in a dusty old storeroom! Everything inside it was safe, and I finally got to share the photos with my family. (5)..... I decided we should all go back to Rome for another holiday ... but this time, I would be much more careful with my things!

- A I never travelled with the same train company again.
- B When I arrived at the station, I couldn't believe my eyes!
- C All my memories of Rome were in that backpack.
- D I couldn't leave the station without my bag.
- E It was so wonderful to see them.
- F I knew I would never see my new phone again.
- G I searched and searched, but it was nowhere to be seen!
- H But, this time, there were no precious memories inside.

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My first marathon

The alarm went off at half-past four that morning. It was far too early to get up, and the idea of running 26 miles seemed impossible. (1)..... I pulled myself out of bed, showered and pulled on my running gear.

By six o'clock, I was at the Dodger Stadium, where the rest of my running group was already waiting. When they saw the look of terror on my face, they laughed kindly. This was clearly my first marathon. (2)..... When I realized that I was just one of them, I felt a little better. Helicopters hovered overhead ready to film us as we ran through the streets of Los Angeles, passing every major landmark until we reached the sea at Santa Monica. Suddenly, I felt very lucky and proud to be a part of it. (3).....

As I began to run, I tried to ignore the aches in my body from eight months of training. Instead, I put one foot in front of the other and kept going. By mile five, my body was complaining, and by mile eight, my muscles were screaming at me.

(4)..... I was running alone now, but I was still running. By mile 12, I was ready to give up, and by mile 15, I was moving even more slowly. By mile 18, I was in my neighbourhood. (5)..... But by

mile 22, there were only four miles to go. Spectators yelled encouragement at me as I ran past. 'You can do it! Keep going!' As the finish line came into sight, I started running faster and faster, and I crossed that line running. I grinned as the medal was placed over my head, and then I cried. I had done it. I had run my first marathon!

- A After eight months of training, this was going to be easy.
- B I slowed down, and the rest of my group moved away.
- C But I had trained for this, and I was going to do it.
- D There was no way I could finish the race now.
- E The horn blew to start the race.
- F I was very tempted to turn down my street and go home.
- G I was so glad that I had decided to do this.
- H Thousands of runners from all over the world were gathered for the race.

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My new hobby

After years of doing very little exercise, I recently took up running. I certainly feel fitter; I've lost a bit of weight and I can run distances now that would have been impossible for me 20 years ago. (1)

..... So, what is it that keeps me interested?

Well, to begin with, there's nothing like sharing a love of something with other people. When I train with my club we do sometimes talk about other things as we're running around the streets. (2).....

We'll share news of our goals, our latest injuries, our next runs, knowing we have a friendly, interested and understanding ear. I've yet to meet a horrible runner!

(3)..... This is something I've really enjoyed. It might be helping to organise a run in the local park or helping those who are new to running get started. I do very little compared to some people, but I certainly aim to include more of this in the future.

It really helps me to relax as well. I live quite a busy life and find it surprisingly difficult to go ten minutes without thoughts racing through my head. Yet I can often go ages during a run thinking of nothing other than the pavement in front of me and how my body is feeling. (4).....

I like having something to aim for and running provides opportunities for a focus, whether it's something long term, like my marathon ambitions, or more immediate like going for a personal best time on a shorter run. But it's important to remember not to push myself too hard, and one of my goals is always to enjoy running!

(5)..... This is especially true when you've done something you didn't think was possible. That's been the case with the personal best times I've had in the past and completing some of the longer runs.

- A And it's good for your health.
- B Then there's that sense of achievement.
- C But I don't think these are the reasons I go running.
- D Finding the time to run can be a problem.
- E I injured myself earlier in the year.
- F Running gives me a rest from anything that is on my mind.
- G Running also offers lots of opportunities to volunteer.
- H But mostly we talk about running.

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Saved by dolphins

I've always loved the sea, and I started surfing when I was five years old. I live near the beach in California, so I try to get out on the waves every day.

(1)..... It was a warm, windy day with some good waves. I was resting on my board and watching a group of bottlenose dolphins playing in the surf a short distance away, when suddenly a great white shark appeared. It was huge, but it moved so fast that I didn't see it coming.

The shark tried to bite me, but it couldn't get its teeth around me and the board. It tore a big chunk out of the board, but I wasn't hurt that time. Then the shark came at me again. (2)..... I stayed calm even though I knew the next bite was probably seconds away. (3)..... I looked up and saw the bottlenose dolphins swimming around me. They formed a circle around me and my surfboard, so the shark couldn't get near me. I was amazed. It was like something out of a film.

I knew a lot of stories about dolphins helping humans, but I never really believed them until it happened to me. Dolphins are very intelligent and they knew what to do to help me stay safe. They

stayed close to me until I managed to get back on my board and catch a wave back to the shore, where I collapsed with relief.

Someone who was at the beach called an ambulance, and I was taken to hospital.

(4)..... I won't give up my favourite activity. I'm not angry with the shark. (5)..... I'll always be grateful to the dolphins. They saved my life.

- A I've stayed out of the sea ever since.
- B But the next bite never came.
- C Six weeks later, I was back on my surfboard.
- D Two months ago, I went surfing alone.
- E I've always loved dolphins.
- F I know I was in his home, and he was protecting it.
- G I knew that I would survive the attack.
- H This time it bit my leg and pulled me off my surfboard.

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The Crime of the Century

When the Mona Lisa was stolen from the Louvre in Paris in 1911 it caused a sensation and left the art world and police puzzled as to how it had been taken and who had carried out the crime. It also helped make the work of art probably the most famous painting in the world.

At first, the police suspected artists who didn't like classical works of art of carrying out the crime. The poet Apollinaire was arrested and questioned for a few days. (1).....

However, the true thief was an Italian man named Vincenzo Peruggia. He had a criminal record and had found work in the Louvre for a time. On the day the crime took place, he entered the museum along with other museum employees wearing the same white smock. (2)..... He then took the painting off the wall and left the building with the work of art wrapped in his white smock. Peruggia kept the painting for two years in his Paris apartment before eventually contacting an Italian art dealer, offering to return the painting to Florence for a reward. (3)..... He argued he was returning the painting to its rightful home.

He was finally arrested after passing the painting to the dealer. However, many Italians saw his actions as those of a national hero. (4)..... The painting was indeed shown off around Italy before it was eventually returned to Paris and the Louvre.

(5)..... However, after being stolen and finally returned, it became more well known, its popularity grew and, as we know now, made the Mona Lisa smile famous around the world.

- A Previously, the painting had been admired by experts.
- B He waited until there was nobody in the gallery.
- c So the painting became popular in France.
- D Because of this, he only went to prison for a short while.
- E He said that he was doing his duty as a proud Italian.
- F But nobody knew it had disappeared.
- G Even the great Pablo Picasso was thought by some to be guilty.
- H It is now kept safely behind special glass.

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The giant piano

A young man in New Zealand recently became famous for making one of the largest pianos ever.

Adrian Mann, who now works as a professional piano builder, started building the piano when he was just 16 years old, and made many of the parts for it himself. The piano is 5.7 metres long and is very heavy. And the keyboard actually has keys that are a metre in length. (1)..... But despite this difference in size, the instrument can still be played perfectly, thanks to Adrian's hard work.

(2)..... In fact, the whole thing started when Adrian became interested in the materials used for the wires inside the piano. These create the notes when they're hit.

And he found that if the wires were really long, he could get an amazing sound. From there, he went on to build the whole piano. The instrument was kept inside a church in his town for some time, before Adrian decided it was time to transfer the huge piano from the church to his workshop. (3)..... So in the end, the fire service had to come and help take the instrument to its new home.

Since the move, a lot of piano players have visited Adrian to try out the piano. But Adrian says that when they arrive, some people aren't very positive about the piano.

(4)..... But actually, it always performs brilliantly. They soon discover that the piano can play a wide range of music, just like any normal piano.

There's been so much interest in Adrian's piano that he could probably start making and selling others just like it. (5)..... So, at the moment, he has no plans to make any more.

- A However, he put a lot of work into his original model.
- B It's so big, you could imagine actually lying down inside it!
- C So what gave Adrian the idea to create such a huge piano?
- D They expect that the instrument won't sound very good.
- E But things weren't always that simple.
- F That's much larger than on a normal-sized piano.
- G Most of them were surprised by the wonderful result.
- H But he soon found he couldn't move it out on his own.

Five sentences have been removed from the text below. For each question, choose the correct answer. There are three extra sentences which you do not need to use.

The History of Fish and Chips

Fish and chips: the meal the UK is probably best known for around the world. It's unlikely you'll find many small towns or villages up and down the country that don't have a fish and chip shop on the corner.

However, neither fried fish nor chips were first eaten in the UK. It is believed that fried fish covered in flour was brought into the country by Jewish visitors from Spain and Portugal in the early 1800s. (1)

..... It's difficult to say for sure which of these two countries started frying potatoes first, as to begin with this was street food sold as fast food snacks to poorer people. (2).....

Experts are also not sure where fish and chips were first sold together in the UK. Some believe the prize should go to a man called Joseph Malin, who opened a shop in London around the 1860s. His family started by selling fried potatoes and then later added fish to the menu. (3)..... Records show that he was also selling fish and chips around the 1860s in a market in Lancashire in the north of England.

Until as recently as the 1980s the takeaway was served wrapped in old newspaper, a custom that some say started in order to save

money. (4)..... Newspaper could only be used if the food was wrapped in more hygienic paper first.

The popularity of other takeaway meals such as pizza or burgers has certainly led to a decline in the number of fish and chip shops.

There are now thought to be around 8,000 of them in the country. (5)..... But this is still a huge number when compared to some of the well-known fast food businesses.

A Because of this, there is nothing to show where the practice actually began.

B However, shops doing this were told to stop for reasons of people's health.

C Then there's the difference of opinion about the size of chips.

D Chips are also believed to have come from elsewhere, either France or Belgium.

E There are no records to show which shop opened first.

F However, others believe first prize should go to someone called John Lees.

G This is compared to the 35,000 in the 1930s.

H However, it is clearly not a healthy meal.

Five sentences have been removed from the text below. For each question, choose the correct answer. There are three extra sentences which you do not need to use.

The story of the carrot and the ring

Have you ever lost something that was precious to you, and thought you'd never see it again? That's what happened to Mary Grams from Canada.

Mary had worn her engagement ring for more than half a century when she suddenly lost it. She was working in her garden on the family farm one day, pulling out a plant. (1)..... When she discovered it was missing, she searched everywhere for it for days, before finally giving up.

Mary realised she probably wasn't going to find the ring again. So she decided not to tell anyone about what had happened, apart from her son. Instead, she thought she would replace it with a much cheaper ring from a jeweller's. (2)..... In fact, it was so similar that no-one else in her family even knew her original ring was missing.

But the story has a happy ending. Mary eventually got her engagement ring back – 13 years after it was lost! One day Mary's daughter-in-law Colleen was working in the same garden where Mary had been all those years ago.

(3)..... But this time it looked a bit different – because there was a carrot growing right through the middle of it!

As soon as Colleen saw the ring, she knew immediately who the owner was. The farm had been in the family for over 100 years. (4)

..... So when Colleen discovered the story of the lost ring, it became clear there was only one person it could possibly have belonged to, and the ring was returned to Mary.

Mary decided to remove her ring from the carrot and wear it again. (5)..... Then the ring was washed, and Mary put it back on her finger – and it still fitted perfectly!

- A She was digging up vegetables there when she discovered the ring.
- B That gave her a very good idea about what to do with the carrot.
- C And that was probably when the ring came off her finger.
- D So she carefully cut the carrot in half.
- E She had never seen anything like it before.
- F And only two women had lived there in all that time.
- G It was tiring work, as some of them were very big.
- H Luckily, she managed to find another one that looked just like it.

Five sentences have been removed from the text below. For each question, choose the correct answer. There are three extra sentences which you do not need to use.

What's the point in studying music?

Many children have music classes when they attend school. And it's thought that music can really help children with learning other subjects.

For example, one research project looked at what happened when a class of children were divided into groups and given a simple task to do, with one group listening to music while completing it, and the other completing the task in silence. (1)..... The first group performed better than the second. So this seems to suggest that music can improve performance in certain areas.

So how exactly can you benefit from studying music? According to some studies, musical training can develop the part of your brain that's involved with language, so you can understand your own language better. (2)..... And that's a very useful skill to have. What's more, young people who've studied music also seem to score more highly in other areas such as maths. (3)..... For example, reading music includes learning about quarter and half notes, which are basically fractions, like in maths. And when you're learning about rhythm, you're counting the notes in a piece of music. So they do appear to be connected.

Music also lets you explore new ideas, think in a creative way, and gain in confidence. If you're learning the guitar, for example, it can be really exciting when you're able to start inventing your own pieces of music. And when you do that, you're practising your listening skills because you have to listen carefully to the music you're making. (4)..... It's certainly essential when you join an orchestra, for example.

One of the biggest benefits, of course, is that listening to music helps you to be less stressed. (5)..... That should always be in a relaxed atmosphere, though, to be effective. And who knows? Maybe your musical knowledge will open up a great career path for you in the future!

- A Students have also shared their own ideas about music.
- B And creating music can make you feel the same way.
- C So it could be that these school subjects are linked in some way.
- D These explain why music affects us in certain ways.
- E And there was a difference between the two.
- F It could also help with learning a second one.
- G But it isn't really what's happening.
- H This is particularly important when performing with other people.

Five sentences have been removed from the text below. For each question, choose the correct answer. There are three extra sentences which you do not need to use.

Why The Sea is Good for You

We all love spending time by the sea. The lucky ones might live on the coast and enjoy the benefits throughout the year. (1).....

Most of us would say we feel healthier by the ocean. In the past, doctors would actually recommend spending time by the sea to their patients. And research has shown that people who live on the coast are more likely to believe their health is good compared to those living in a city. So how do we benefit, exactly?

Well, to start with it's great for our mental health. (2)..... They have shown that watching, listening to or being in the ocean helps our brains slow down. The sound of the waves can help us relax and has a positive effect in reducing feelings of stress. This is why people who have trouble sleeping are often told to listen to recordings of the sound of waves hitting the shore to help them relax at bedtime.

(3)..... We go out a lot more when we're on holiday by the sea. We often become more active on holidays and people who live on the coast are usually more active too. And if you take your walks on the beach this is even better. (4)..... The sea air is also good for people with breathing problems. There is less pollution in the air

near the ocean and in the autumn and winter the air is fresher. (5)
..... It has even been found that the chemicals found in sea
water are the same chemicals that help us have healthy skin.
No wonder then that we often feel so much better at the end of a
seaside holiday and why we look forward so much to booking our
next one!

- A Being by the sea is also good for our physical health.
- B This is healthier than the dry atmosphere in homes with central heating.
- C It's not just swimmers who know how to do this.
- D The rest of us have to wait for our next holiday.
- E However, in the end you'll notice the difference.
- F Walking on sand requires more effort than on the pavement.
- G Scientists have discovered that we have something called a 'blue mind'.
- H So scientists disagree about the reasons for doing this.