

Why you should read fiction

At school, the (1)..... majority of what we learn is factual. In history lessons we memorise names and dates; in science we have to cope (2) chemical formulas and complex equations; in maths it's all numbers and signs. It's only in language lessons where we may (3) fiction. Some people would argue that there's (4)..... point in reading something which is 'made up'. If this is the (5)....., why do language teachers encourage their students to look at anything (6) from dictionaries and reference materials?

It is because they are (7)..... of the benefits that reading brings. It isn't simply because reading fiction helps us (8)..... reality for a while and switch off from our everyday routines. Reading fiction also teaches us to see the world through other people's eyes. It (9)..... us to understand the feelings of others, making us more empathetic. Fiction, in other words, helps us be better friends.

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|---|-----------|---------------|--------------|-------------|
| 1 | A vast | B wide | C far | D high |
| 2 | A for | B on | C by | D with |
| 3 | A come up | B come across | C come about | D come over |
| 4 | A little | B slight | C minimal | D hardly |
| 5 | A issue | B matter | C case | D point |
| 6 | A except | B apart | C other | D beside |
| 7 | A aware | B wise | C familiar | D sensitive |
| 8 | A depart | B miss | C escape | D break |
| 9 | A lets | B authorises | C makes | D enables |

Child's play?

Imagine a restaurant, but with a (1)..... . The restaurant is run (2) by children aged under 11; they cook and serve the food, and then wash up. The children even bring the bill at the end of the meal, all with a little help from the (3)..... staff of course. There are always four adults on hand to (4)..... the youngsters. There's a set menu with a main course and dessert, and everything is made from fresh (5)..... . The food is healthy and prices are (6)..... and so, not surprisingly, the restaurant is very popular. This means that a reservation is usually necessary to be (7)..... of getting a table. The (8)..... idea is to help parents by providing childcare, and to help children learn to be responsible. This is done by giving them independence in a fun and child-friendly (9)..... . Is this the stuff of dreams? No, it's the new reality of the 21st century.

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|---|------------|-----------------|-----------------|--------------|
| 1 | A change | B difference | C variation | D contrast |
| 2 | A entirely | B all | C substantially | D thoroughly |
| 3 | A rising | B increased | C grown-up | D expanding |
| 4 | A command | B order | C demand | D supervise |
| 5 | A flavours | B ingredients | C courses | D components |
| 6 | A low | B small | C little | D minor |
| 7 | A sure | B definite | C truthful | D known |
| 8 | A easy | B elementary | C introductory | D basic |
| 9 | A position | B neighbourhood | C environment | D region |

A very unusual house

As part of an architectural project in 2010 in which people constructed egg-shaped, movable homes, Dai Haifei who was a (1)..... graduate, decided to build his own portable house in Beijing. (2)..... for his house to be environmentally-friendly, Haifei (3)..... use of sustainable materials, including a bamboo frame and a grass-seeded covering. The tiny house also used a solar panel for its energy (4)..... to a handful of electrical gadgets, and it had wood chips for insulation.

Just two metres tall at its highest point, there was only enough space for a bed, water tank, and table. For three months Haifei (5)..... in the 'egg house', which had no bathroom or kitchen to cook in. (6)....., he ate out and showered at the local pool where he paid for an annual membership.

Although Haifei only (7)..... his egg house for a short period of time, he enjoyed the experience. He (8)..... that rather than it being a serious project, he had 'just wanted to play,' demonstrating his positive attitude (9)..... life!

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|---|--------------|---------------|-------------|--------------|
| 1 | A recent | B current | c latest | D present |
| 2 | A keen | B glad | c hopeful | D interested |
| 3 | A took | B made | c got | D did |
| 4 | A stock | B bank | c store | D supply |
| 5 | A occupied | B lived | c remained | D stayed |
| 6 | A Beyond | B Furthermore | c Otherwise | D Besides |
| 7 | A settled | B lived | c visited | D occupied |
| 8 | A challenged | B argued | c presented | D defended |
| 9 | A towards | B over | c by | D around |

Chickens are smarter than you think

Ask people whether they think chickens are intelligent and most of them will answer a (1)..... 'no'. This is because we (2)..... to think of mammals, such as cats, dogs or horses, as being smarter than birds. We also believe that birds like chickens do not feel emotions in the same way other animals do.

Research has (3)....., however, that this is not necessarily the (4)..... . Chickens do observe each other's (5)....., which means they can not only learn from each other but are able to notice how other chickens are feeling too. The research proves that chickens have minds: they have memory, thinking ability and emotions, and are (6)..... of others and their surroundings. Chickens also (7)..... that they have complex social structures, often thought to be a unique (8)..... of mammals. Chickens, then, are just as sensitive as we are, and it is important for us to recognise this in our (9)..... of them.

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|--------------------|-------------|---------------|---------------|
| 1 A definite | B specific | C fixed | D particular |
| 2 A regard | B consider | C tend | D assess |
| 3 A indicated | B expressed | C advised | D displayed |
| 4 A matter | B point | C case | D fact |
| 5 A action | B behaviour | C manner | D practice |
| 6 A familiar | B wise | C clear | D aware |
| 7 A declare | B confirm | C demonstrate | D expose |
| 8 A characteristic | B nature | C style | D personality |
| 9 A management | B approach | C dealings | D treatment |

England National Girls' Football Week

by Amy King, 16

As most people are probably **(1)**....., there is little doubt that football is England's most popular sport. However, most people don't realise that the number of boys and men playing the game is currently in **(2)**..... . But I'm proud to say that the same is not **(3)**..... of the girls' and women's game – in fact, far from it. In April 2015, Girls' Football Week **(4)**..... no less than 22,000 girl players. Over 200 schools across England took part in the **(5)**..... .

At the following Girls' Football Week in October 2016, the focus was more about **(6)**..... participation in women's football across the country's colleges and universities. Again, the event seems to have been a **(7)**..... success. At the last **(8)**....., nearly three million girls and women were registered as football players, which is fantastic to hear. But what is the best news of all? My school has just **(9)**..... plans to set up a girls' football team next term. I will definitely be signing up!

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|---|-----------------|-------------|--------------|---------------|
| 1 | A knowledgeable | B aware | C familiar | D awake |
| 2 | A fall | B decline | C decrease | D reduction |
| 3 | A real | B right | C actual | D true |
| 4 | A attracted | B pulled | C engaged | D brought |
| 5 | A experience | B act | C event | D development |
| 6 | A stretching | B adding | C increasing | D enhancing |
| 7 | A great | B good | C high | D strong |
| 8 | A statistic | B number | C quantity | D count |
| 9 | A said | B announced | C told | D advised |

The world's quietest railway station

Some of the world's most heavily used railway stations are (1)..... in Japan. According to (2)....., 45 out of the 51 busiest in the world are in the country. Some 3.6 million passengers travel through the busiest railway station, Shinjuku Station in Tokyo, every (3)..... day.

But surprisingly, this small but (4)..... populated country also has some stations which are hardly used at all. Kyu-Shirataki Station, on the island of Hokkaido is in such a (5)..... place that it was only used by one person for a few years. High school student Kana Harada was a (6)..... passenger before it closed in 2016. The train stopped every morning to take high school student Kana Harada to school, and every afternoon to drop her back at Kyu-Shirataki.

But keeping the station open for just one passenger simply was not (7)..... . Therefore the operator of the line, Hokkaido Railway Company, planned to close the station (8)..... . But when they found out that this would leave Kana with no (9)....., they agreed to keep the line open until she graduated from school. Although trains still use the line, the station itself is now completely abandoned.

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|---|----------------|--------------|--------------|---------------|
| 1 | A established | B located | C placed | D positioned |
| 2 | A measurements | B numbers | C sizes | D statistics |
| 3 | A individual | B one | C particular | D single |
| 4 | A considerably | B densely | C largely | D mainly |
| 5 | A far | B homeless | C remote | D separated |
| 6 | A common | B regular | C usual | D typical |
| 7 | A commercial | B profitable | C successful | D valuable |
| 8 | A always | B constantly | C lastly | D permanently |
| 9 | A transport | B journey | C travel | D vehicle |

Lighting a town

The Norwegian town of Rjukan lies along the floor of a narrow valley, (1) by sheer mountains. Because of its location, the town, with its 3,400 (2)....., has in the past lived in shadow for half the year. During the day, from late September to mid-March, the town gets no direct natural sunlight at all. Its residents all agreed this (3)..... that the town was incredibly depressing during the winter months.

However, that all changed in 2013 with the (4)..... of a system of mirrors whose design Martin Anderson, an artist, had first (5)..... up with some 12 years earlier. With financial (6)..... from the local government and from several prominent business people, Anderson's idea became a (7)..... . Today, high on the mountain opposite the town, (8) three large solar-powered, computer-controlled mirrors (9) the precise movement of the sun across the winter sky, reflecting its rays onto the town's market square and flooding it in bright sunlight.

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|---|-----------|---------------|--------------|----------------|
| 1 | A closed | B contained | C surrounded | D shut |
| 2 | A totals | B populations | C numbers | D inhabitants |
| 3 | A meant | B explained | C showed | D made |
| 4 | A ending | B conclusion | C completion | D result |
| 5 | A brought | B come | C caught | D got |
| 6 | A budget | B cost | C expense | D investment |
| 7 | A reality | B truth | C principle | D practicality |
| 8 | A find | B sit | C stay | D hold |
| 9 | A passing | B following | C proceeding | D continuing |

The importance of science

The aim of science is to (1)..... out how the world and everything in it, and beyond it, works. Some people, though, (2)..... that much of what is done in the name of science is a waste of time and money. What is the (3)..... in investigating how atoms behave or in studying stars billions of kilometres away? Science, they argue, is of (4)..... only if it has some practical use.

When the Scottish scientist James Clerk Maxwell (5)..... experiments with electricity and magnetism in the late 19th century, he had no particular end in (6)..... and was certainly not (7)..... to make money; he was simply trying to reveal more about how the world works. And yet his work laid the (8)..... for our modern way of life. Computers, the internet, satellites, mobile phones, televisions, medical scanners all owe their existence to the fact that a scientist (9)..... the need to understand the world a little better.

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|----------------|---------------|--------------|---------------|
| 1 A open | B think | c find | D look |
| 2 A claim | B demand | c tell | D review |
| 3 A basis | B cause | c point | D sake |
| 4 A gain | B profit | c advantage | D value |
| 5 A brought on | B carried out | c pulled out | D set off |
| 6 A plan | B idea | c mind | D thought |
| 7 A reaching | B aiming | c targeting | D designing |
| 8 A sources | B origins | c structures | D foundations |
| 9 A held | B felt | c chose | D used |

A new partnership

In 1884, a small engineering firm was (1)..... in a part of Manchester. Its owner had (2)..... to complete only two years in formal education yet was still successfully (3)..... a business. In 1903, he bought his first car but it did not meet his high (4)..... and, being an engineer, he could not (5)..... having a go at improving it. By the following year he had designed a new car himself, and then started manufacturing this model. One of his cars came to the (6)..... of a wealthy car salesman from an aristocratic background. He was (7)..... impressed by the car and a meeting was (8)..... between the two of them at the Midland Hotel in Manchester. The meeting was a success and the two men decided to go into business together. The name of the manufacturer was Henry Royce and that of the wealthy aristocrat, Charles Rolls – and so the world-famous brand, the luxurious Rolls-Royce, was (9)..... .

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|---|-------------|---------------|--------------|--------------|
| 1 | A settled | B established | C installed | D found |
| 2 | A passed | B achieved | C managed | D allowed |
| 3 | A arranging | B running | C working | D dealing |
| 4 | A standards | B rates | C levels | D ranks |
| 5 | A obstruct | B resist | C oppose | D refuse |
| 6 | A attention | B view | C interest | D attraction |
| 7 | A widely | B mainly | C greatly | D fully |
| 8 | A put out | B turned up | C taken out | D set up |
| 9 | A brought | B originated | C discovered | D born |

Dr Joseph Bell

Dr Joseph Bell was a distinguished Scottish doctor and professor at Edinburgh University in the (1)..... nineteenth century. He had remarkable powers of observation and deduction. This (2)..... him to accumulate useful information about patients in a very (3)..... space of time.

He was very good at (4)..... where his patients were from by identifying small differences in their accents. He could also (5)..... a patient's occupation from marks on their hand. He claimed to be able to (6)..... a sailor from a soldier just from the way they moved. If he identified a person as a sailor he would look for any tattoos that might assist him in knowing where their travels had (7)..... them.

Dr Bell's skills for observation and deduction (8)..... a great impression on his students, particularly on one called Arthur Conan Doyle. Conan Doyle went on to create the famous fictional detective Sherlock Holmes, whose character was (9)..... on that of Dr Bell.

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|---|---------------|---------------|----------------|--------------|
| 1 | A late | B previous | C closing | D final |
| 2 | A enabled | B authorised | C guaranteed | D caused |
| 3 | A small | B rapid | C narrow | D short |
| 4 | A showing off | B working out | C setting down | D turning up |
| 5 | A relate | B acknowledge | C solve | D determine |
| 6 | A change | B differ | C distinguish | D contrast |
| 7 | A transported | B brought | C conveyed | D taken |
| 8 | A set | B made | C formed | D put |
| 9 | A applied | B established | C based | D written |

Where to go whale watching

When asked to list the things they would most like to experience in life, a surprising (1)..... of people mention seeing whales in their natural habitat. It's an ambition that can be (2)..... surprisingly easily. It is (3)..... that the seas around Iceland are home to over five thousand orca whales. But their behaviour, and therefore your chances of seeing them, varies (4)..... to the season.

In summer, the whales have a (5)..... to hang out near the coast and can be seen swimming up fjords and inlets. During the winter months, however, the animals are generally to be found (6)..... out at sea. (7)..... season you choose for your trip, whale-watching trips are very easy to organise, and there's a chance you'll get to see other whale species too.

Besides Iceland, another option is to (8)..... for northern Norway between October and January. Orcas arrive here at this time of year in (9)..... of large shoals of herring, which form an important part of their diet.

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|---|-------------|-------------|-------------|-------------|
| 1 | A number | B amount | C honoured | D crowd |
| 2 | A answered | B rewarded | C quantity | D fulfilled |
| 3 | A estimated | B counted | C guessed | D totalled |
| 4 | A according | B depending | C relying | D agreeing |
| 5 | A custom | B tendency | C habit | D trend |
| 6 | A longer | B wider | C broader | D further |
| 7 | A Whenever | B Whoever | C Whichever | D However |
| 8 | A head | B set | C point | D pick |
| 9 | A hunt | B follow | C pursuit | D seek |

Vera Neumann: fabric designer

Vera Neumann was a designer and businesswoman whose products (1) their way into the homes of people across the USA.

Vera was born in Connecticut in 1907 and showed artistic (2)..... from an early age. After attending art college in New York, she got a job as a textile designer, but didn't like being (3)..... what to do. Determined to develop her own styles, Vera started to produce tablecloths each item printed by hand in her kitchen.

But it was her scarves that (4)..... Vera's name. Good fabric was in short (5)..... during the Second World War, but Vera was lucky enough to (6)..... across some silk left over from the manufacture of parachutes. Vera used it to design scarves with floral, abstract and geometric designs. These were an (7)..... success when they appeared in department stores and during the 1950s they were the (8) of fashion, being worn by celebrities such as the film star Marilyn Monroe. By 1960, the company which Vera had (9)..... was employing 200 staff and producing 130 patterns per season.

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|---|--------------|----------------|---------------|------------|
| 1 | A found | B arrived | C fetched | D reached |
| 2 | A training | B talent | C expert | D gift |
| 3 | A led | B directed | C told | D forced |
| 4 | A got | B did | C gained | D made |
| 5 | A supply | B availability | C quantity | D delivery |
| 6 | A fall | B come | C happen | D run |
| 7 | A acute | B urgent | C instant | D extreme |
| 8 | A height | B peak | C top | D crown |
| 9 | A worked out | B put on | C carried off | D set up |

Old skills: new products

If ancient skills which have been (1)..... down from generation to generation are going to survive, then we must find new uses for them. A good example is the cloth (2)..... as Harris tweed, which is produced on an island off the northwest coast of Scotland. A few years ago, there was only one full-time weaver of the cloth left on the island. It was all that (3) of an industry that once employed a large (4)..... of local people.

But local producers are now providing material for use in a (5)..... of fashionable handbags, hats and furnishings. This (6)..... in the fortunes of the industry all started way (7)..... in 2004, when a sample of Harris tweed was sent to Nike, the sportswear manufacturer. The company decided to use the material on a trainer called 'The Terminator' to demonstrate how (8)..... a traditional material can be incorporated into a modern product. This (9)..... to a large order for cloth, which involved lots of people on the island rediscovering the ancient skill of weaving.

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|---|---------------|--------------|------------|-------------|
| 1 | A handed | B brought | C carried | D taken |
| 2 | A seen | B referred | C known | D regarded |
| 3 | A remained | B recalled | C resumed | D repeated |
| 4 | A extent | B number | C degree | D amount |
| 5 | A range | B choice | C mixture | D pick |
| 6 | A turn | B change | C switch | D move |
| 7 | A ago | B past | C back | D since |
| 8 | A effectively | B especially | C actually | D certainly |
| 9 | A followed | B resulted | C caused | D led |

Messages from the Stone Age

The incredible pre-historic Chauvet cave art in France is painted in (1) colours and dates back to a period around thirty thousand years ago when early humans first started to create rock art. Although various (2) of this art have been found in caves in Western Europe, very few people have seen the art at Chauvet because it is located (3) inside an inaccessible underground cave system. Those who have seen it say that it is very impressive, showing animals (4) horses, rhinos and cows, and that the artwork is good enough to (5) modern compositions.

The first scientists (6) the Chauvet paintings missed some other important (7) however. The walls of the cave are also marked with a series of lines and symbols, that were initially (8) as insignificant. But recent research has suggested that these marks may represent humankind's first steps towards the development of writing, which is (9) people to rethink their ideas about when written communication first started.

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|---|-----------------|--------------|--------------|------------|
| 1 | A bright | B fair | C keen | D sharp |
| 2 | A illustrations | B models | C cases | D examples |
| 3 | A deep | B thick | C long | D dense |
| 4 | A by means of | B apart from | C as well as | D such as |
| 5 | A rival | B compare | C compete | D oppose |
| 6 | A arrive | B reach | C meet | D know |
| 7 | A instances | B matters | C details | D issues |
| 8 | A believed | B regarded | C thought | D agreed |
| 9 | A resulting | B having | C making | D causing |

What is a coincidence?

A coincidence is a surprising thing that happen to us. For example, two friends go shopping alone on the same day. When they (1)..... up afterwards, they discover that they've each bought an identical T-shirt. Many people (2)..... coincidences as significant or mysterious. But the simple (3)..... could be that friends tend to have similar taste in clothes.

In reality, life is (4)..... of coincidences, but normally we don't notice them. For example, in almost fifty percent of all football matches, two players share the same birthday. This seems surprising, (5)..... that there are 365 possible birthdays in the year. But most of these matches will be played without anybody being (6)..... that the coincidence exists. (7)..... your birthday is today or tomorrow, you don't generally go around telling people when it is. What's more, without realising it, you probably (8)..... into contact with lots of people born on the same day as you. But when a coincidence is (9)..... to your attention, it still seems amazing.

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|-----------------|--------------|--------------|---------------|
| 1 A meet | B link | c join | D unite |
| 2 A regard | B think | c consider | D believe |
| 3 A explanation | B definition | c motivation | D resolution |
| 4 A heavy | B rich | c full | D crowded |
| 5 A given | B except | c even | D instead |
| 6 A noticed | B known | c aware | D intelligent |
| 7 A Therefore | B Whereas | c Meanwhile | D Unless |
| 8 A make | B come | c have | D go |
| 9 A taken | B carried | c brought | D shown |

The Gesture Interface

At the (1)....., if we want mobile (2)..... to the Web, we have to travel around with things like tablets and smartphones in our bags or pockets. But the inventor of something called the Gesture Interface has (3)..... up with a way of doing this using only something we've (4)..... around with us for millions of years – our hands.

The idea is (5)..... on simple technology that is already in existence. (6)..... carrying around the usual hardware, you have a small wearable device on your hands. This contains a projector, a camera and wireless technology to (7)..... you to the Web. It also has sensors which read and interpret simple hand gestures. For example, when you want to (8)..... a photograph, simply make a frame around the image with your hand and click your fingers. The device (9)..... out what you want and operates the camera.

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|---|--------------|--------------|--------------|--------------|
| 1 | A moment | B present | c current | D minute |
| 2 | A line | B entry | c access | D link |
| 3 | A come | B thought | c found | D done |
| 4 | A delivered | B fetched | c brought | D carried |
| 5 | A based | B started | c founded | D begun |
| 6 | A Along with | B Instead of | c Except for | D Apart from |
| 7 | A sign | B download | c log | D connect |
| 8 | A make | B take | c do | D get |
| 9 | A works | B reckons | c meets | D knows |

Slacklining

Slacklining is an increasingly popular activity in London's parks. All you need if you want to (1)..... a go at slacklining is two trees about fifteen metres apart, a five-centimetre-wide strap of around the same length and the equipment to (2)..... the strap to the trees.

The slackline is not a rope, but a flat piece of strong webbing material. The (3)..... is to try to walk along the line without (4)..... your balance. As the line is usually (5)..... about a metre or so above the ground, there is no (6)..... risk of injury if you don't (7)..... to stay on the line. Other street sports, such as skateboarding and parkour are much more dangerous.

Basically, slacklining (8)..... quite a lot of practice, but it is something that you can learn to do. At first, most people like to (9)..... on to a friend's hand until they get used to the feeling of the moving line under their feet.

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|---|--------------|------------|-----------|------------|
| 1 | A have | B make | C get | D put |
| 2 | A join | B attach | C unite | D stick |
| 3 | A aim | B target | C plan | D schedule |
| 4 | A dropping | B missing | C losing | D slipping |
| 5 | A positioned | B stood | C settled | D arranged |
| 6 | A deep | B great | C wide | D tall |
| 7 | A realise | B achieve | C manage | D succeed |
| 8 | A asks | B requests | C calls | D requires |
| 9 | A keep | B hold | C touch | D stay |

Karakamia wildlife sanctuary

The Karakamia reserve is located not (1)..... from Perth in Western Australia. Suburban is not usually a word that you (2)..... with a wildlife paradise, but Karakamia is actually part of the township of Chidlow. The land was purchased by the Australian government in 1991 with the (3)..... of protecting threatened species of indigenous wildlife. That's why there is a nine-kilometre fence around it, designed to (4)..... out species introduced by European settlers, (5)..... foxes, cats and rabbits.

The sanctuary (6)..... its name from the Aboriginal word meaning 'home of the red-tailed black cockatoos', and at dusk the air is (7)..... with the calls of these birds. This is when the sanctuary is at its most magical. A guided walk by spotlight is the perfect way to experience it. Many of the animals are quite tame, which means you can (8)..... them at close quarters and get an idea of what Australia was like (9)..... to European colonization.

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|---|-------------|-------------|-------------|--------------|
| 1 | A far | B long | C distant | D remote |
| 2 | A refer | B accompany | C regard | D associate |
| 3 | A proposal | B aim | C target | D plan |
| 4 | A catch | B send | C keep | D hold |
| 5 | A including | B intending | C involving | D indicating |
| 6 | A bears | B finds | C gains | D takes |
| 7 | A crowded | B filled | C completed | D packed |
| 8 | A observe | B notice | C realise | D glance |
| 9 | A advance | B former | C ahead | D prior |

Pets can improve your life

The (1)..... of animals in helping people recover from a range of health and emotional problems has long been (2)..... recognised. Now a survey reported in the Journal of Personality and Social Psychology appears to show that owning a pet can (3)..... healthy individuals, too. A number of experiments, (4)..... by two universities in the United States, indicate that pet owners are generally happier, healthier, fitter, more confident and better able to (5)..... with everyday issues than non-owners.

The researchers discovered that individuals have just as (6)..... a relationship with the key people in their lives, in (7)..... words family and friends, as they have with their pets. And although they found no (8) that people choose emotional relationships with pets over relationships with other people, a study of university students showed that owning a pet helped them (9)..... over the break-up of a relationship with a partner.

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|---|--------------|-------------|-------------|---------------|
| 1 | A job | B place | C role | D part |
| 2 | A mainly | B deeply | C highly | D widely |
| 3 | A benefit | B improve | C profit | D contribute |
| 4 | A carried | B conducted | C governed | D operated |
| 5 | A cope | B handle | C treat | D survive |
| 6 | A near | B close | C true | D actual |
| 7 | A additional | B other | C different | D alternative |
| 8 | A signal | B support | C evidence | D example |
| 9 | A get | B pull | C take | D go |

Planes can make it rain

Living next to an airport has always meant having to (1)..... the noise of planes landing and taking off. Now it seems that (2)..... residents also have bad weather, according to a (3)..... published study.

The scientists looked at satellite (4)..... of clouds above airports, and also studied computer models of the way clouds behave. What they found was that as a plane flies through a very cold cloud, the air behind it expands and then cools (5)..... rapidly. This sudden drop in temperature, (6)..... with the hole formed in the cloud where the plane has passed through, can increase the (7)..... of rain or snow on the ground.

In the case of major airports, with hundreds of flights every day, this can have a significant (8)..... on weather patterns up to 100 kilometres away. The researchers point out, however, that aircraft passing through clouds are (9)..... to affect the global climate.

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|---|----------------|---------------|---------------|-----------------|
| 1 | A keep out of | B put up with | C miss out on | D stand up for |
| 2 | A neighbouring | B close | C local | D surrounded |
| 3 | A lately | B recently | C lastly | D freshly |
| 4 | A images | B figures | C aspects | D portraits |
| 5 | A totally | B extremely | C entirely | D perfectly |
| 6 | A joined | B attached | C composed | D combined |
| 7 | A forecasts | B certainties | C chances | D opportunities |
| 8 | A result | B influence | C consequence | D impression |
| 9 | A doubtful | B unsure | C unlikely | D improbable |

Teenagers really do need more sleep

It has long been suspected that lack of sleep can actually (1)..... to illness, particularly in young people. Research (2)..... students aged 14–19 over a three-week period now appears to (3)..... this.

The teenagers wore devices that recorded the movements they made, without being (4)..... of them, that indicated they were asleep. The results were then (5)..... to the number of illnesses that they had (6)..... from during the three weeks, in addition to the number of occasions on which they had been (7)..... from school.

What the study showed was that students who slept fewer than seven hours a night caught colds, flu and other relatively (8)..... illnesses more often. The problem is that as children enter their teens their natural sleeping patterns change, (9)..... in them going to sleep later and therefore wanting to wake up later – but they still have to get up in the morning to go to school.

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|---|-------------|-------------|---------------|---------------|
| 1 | A cause | B bring | C lead | D make |
| 2 | A enclosing | B combining | C associating | D involving |
| 3 | A assure | B confirm | C defend | D justify |
| 4 | A awake | B aware | C familiar | D sensitive |
| 5 | A compared | B measured | C balanced | D qualified |
| 6 | A caught | B affected | C suffered | D experienced |
| 7 | A outside | B remote | C distant | D absent |
| 8 | A light | B minor | C smaller | D slight |
| 9 | A resulting | B producing | C finishing | D forcing |

Checking your mobile phone

How often do you check your phone? For many of us, our phone is an essential (1)..... of everyday life, but apparently we are spending an increasing amount of time checking it for information without being (2) of doing so.

Research in Helsinki shows that phone checking (3)..... lasts less than 30 seconds on each occasion, and usually (4)..... of opening a single application such as social media. The study also found many users check their mobiles throughout the (5)..... day, and that what they check is often (6)..... with particular contexts. For instance, when travelling to work or college, people tend to check their email; if they are bored, they get a quick (7)..... on the latest news.

Checking this frequently can easily become a habit, which some say can (8) us from more important things. Others, though, believe that being able to (9)..... so much new information so quickly makes life far more interesting.

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|---|-------------|-------------|--------------|---------------|
| 1 | A branch | B item | C piece | D part |
| 2 | A sensitive | B cautious | C sensible | D conscious |
| 3 | A virtually | B typically | C widely | D suitably |
| 4 | A consists | B composes | C involves | D includes |
| 5 | A complete | B total | C normal | D entire |
| 6 | A attached | B assumed | C associated | D accompanied |
| 7 | A update | B revision | C review | D upgrade |
| 8 | A disturb | B distract | C disrupt | D distribute |
| 9 | A capture | B import | C obtain | D seize |

Mars on Earth

The centre of Antarctica, where winter temperatures frequently fall to (1) 80 degrees centigrade and for four months each year there is (2) darkness 24 hours a day, is one of the most extreme environments on Earth. It is also by (3)..... the most similar place to the surface of Mars, which is why a (4)..... of thirteen scientists from the European Space Agency have spent nine months at a base there.

They have been studying the physical and psychological (5)..... on humans of living in extreme conditions, in order to obtain a better understanding of the difficulties humans will (6)..... during the long flight to Mars and their stay there. Of course, space is (7)..... Antarctica in that astronauts have to adapt to weightlessness, but the base is 3,200 metres above sea (8)..... making it difficult to breathe there – as it can be on space flights. They have also, like space travellers, experienced strong feelings of being (9)..... off from civilisation.

- 1 A beneath B lower C minus D less
- 2 A regular B constant C repeated D maintained
- 3 A far B much C large D long
- 4 A crew B cast C gang D team
- 5 A results B effects C issues D risks
- 6 A oppose B dare C challenge D face
- 7 A unlike B contrary C unfamiliar D different
- 8 A height B depth C depth D scale
- 9 A broken B kept C kept D taken

Space junk

The Space Age began (1)..... over half a century ago, and ever since then the area just (2)..... the Earth's atmosphere has been filling up with all kinds of man-made objects that have become (3)..... as 'space junk'. The items up there (4)..... from old satellites and parts of rockets to hundreds of thousands of pieces smaller than one centimetre, all of them travelling at extremely (5)..... speed. Over the last five years, the number of such objects in space is (6)..... to have risen by 50 per cent, and this has (7)..... increased the risk of damage to working satellites or space vehicles with crews on board.

International agreement has therefore now been (8)..... on limiting the amount of new space junk. Scientists have also (9)..... some interesting suggestions for tidying up space. These include using laser beams, giant nets and even an enormous umbrella-like device to collect tiny bits of junk.

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|---|------------------|---------------|----------------|----------------|
| 1 | A well | B much | C lots | D far |
| 2 | A along | B away | C out | D beyond |
| 3 | A referred | B known | C called | D named |
| 4 | A include | B enclose | C cover | D range |
| 5 | A high | B rapid | C light | D fast |
| 6 | A assessed | B supposed | C estimated | D regarded |
| 7 | A largely | B greatly | C importantly | D absolutely |
| 8 | A arrived | B reached | C finished | D closed |
| 9 | A caught up with | B put up with | C come up with | D kept up with |