

example:

0 A capital

B main

C chief

D principal

0	A	B	C	D
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BEIJING

Beijing is the (0) ...A... city of the People's Federal Republic of China. 'Beijing' comes from the Chinese words 'northern' and 'capital' and follows a(n) (1) East Asian tradition of naming capital cities literally. Other similarly named cities (2) Nanjing in Southern China which means 'southern capital', and Tokyo in Japan, which means 'eastern capital'.

Beijing is a fascinating city with a history that (3) back thousands of years. It is the political and cultural (4) of China and is world-famous for its many historical attractions. Four million people visit Beijing each year to see (5) such as the magnificent Forbidden City, Tiananmen Square and The Great Wall of China.

Walking around the city, you can (6) countless ancient temples, palaces, imperial gardens and other intriguing cultural sites. But Beijing is more than just a historic marvel. It is also one of the world's great modern metropolises and is (7) of 21st century vitality. Towering skyscrapers, huge shopping malls, and modern commercial areas are just as much a (8) of modern-day Beijing.

In 2001, Beijing celebrated the news that it had been selected to (9) the 2008 Summer Olympics. Hundreds of thousands of flag-waving Chinese poured into Beijing's streets, singing and cheering. Fireworks (10) up the sky as the city rejoiced. The morning after the (11), the titles of all Beijing's newspapers were printed in red – a special colour in Chinese (12) that is reserved for good and important news.



- | | | | |
|----------------|---------------|----------------|----------------|
| 1 A past | B ancient | C antique | D older |
| 2 A include | B contain | C involve | D consist |
| 3 A sets | B moves | C puts | D goes |
| 4 A square | B centre | C middle | D heart |
| 5 A sights | B views | C visions | D displays |
| 6 A see | B watch | C notice | D look |
| 7 A total | B rich | C full | D complete |
| 8 A piece | B part | C section | D bit |
| 9 A host | B show | C display | D view |
| 10 A glowed | B lit | C shone | D flamed |
| 11 A statement | B declaration | C announcement | D transmission |
| 12 A tradition | B custom | C habit | D folklore |

Example:

0 A fond

B keen

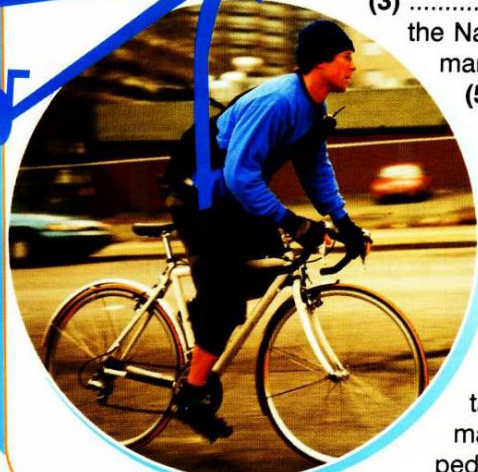
C enthusiastic

D eager

0	A	B	C	D
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Cycling in LONDON

Up until recently the British were not exactly (0) ...B... on cycling. In fact, only a quarter of the twenty million bicycles in the country were thought to be in (1) use. Over the last year, though, the number of cyclists in urban areas, particularly in London, has (2) by 83 per cent. This has turned the capital into a cleaner, less noisy city (3) to many others in Europe. How was this possible? It is all thanks to the National Cycle Network project which, in the (4) few years has managed to encourage many people to use their bicycles either to travel to (5) or for fun. Part of the project involved the improvement of (6) pathways, whereas by the end of 2006 the Network had (7) to 11,300 miles. Moreover, the provision of bicycle parking in the streets, at railway and underground stations, in schools and in the workplace has contributed significantly to the rise in the number of cyclists. It is (8) that nearly 75 per cent of the population live within two miles of a route and more cycling (9) are made than ever before. The project has been funded principally by the National Lottery and it is expected that even more cycling (10) will be developed by 2012, when the Olympics will take (11) The aim is to create routes that will surround the main sites for the 2012 Games in London, whereas a new bridge for pedestrians and cyclists will (12) Southwark and Canary Wharf.



- | | | | |
|-----------------|--------------|-------------|--------------|
| 1 A right | B normal | C regular | D proper |
| 2 A grown | B raised | C developed | D enlarged |
| 3 A contrasted | B related | C compared | D associated |
| 4 A final | B latest | C last | D recent |
| 5 A job | B profession | C office | D work |
| 6 A prevailing | B existing | C living | D left |
| 7 A magnified | B lengthened | C expanded | D broadened |
| 8 A figured | B counted | C estimated | D measured |
| 9 A tours | B trips | C journeys | D travels |
| 10 A directions | B routes | C ways | D passages |
| 11 A place | B space | C position | D part |
| 12 A attach | B bond | C relate | D connect |

0 A have

B seem

C find

D happen

0

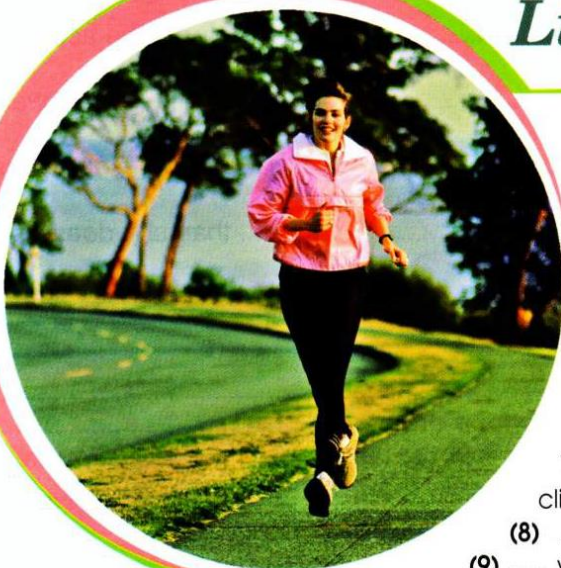
A

B

C

D

Living a healthier life



Keeping fit and healthy may (0) ...B... difficult, but there are a few easy-to-follow guidelines. Firstly, a balanced diet is absolutely essential. This (1) selecting food that is (2) in salt and sugar. Experts recommend (3) the amount of fat in our diet, as too much can lead to heart problems. They also suggest increasing the amount of high fibre food we eat. This comes in the (4) of fresh fruit, vegetables, wholemeal bread and pasta. As well as being packed (5) vitamins and minerals, they are delicious too. Secondly, it's important to fit exercise into your daily (6) This can be done by simply walking as much as (7) and climbing stairs instead of taking the lift. Exercise is necessary to (8) a healthy body, as well as increasing energy levels and (9) you feel generally fitter and happier. Finally, staying relaxed is important for good health. Too much stress can (10) to a variety of illnesses, from headaches to high blood pressure. (11) possible, do things you enjoy and treat yourself occasionally. So the message is simple - enjoy yourself but learn to respect your body too. It's all a (12) of getting the balance right.

1 A contains

B points

C means

D suggests

2 A poor

B short

C small

D low

3 A declining

B dropping

C cutting

D reducing

4 A form

B way

C look

D means

5 A from

B by

C with

D of

6 A routine

B custom

C time

D manner

7 A possible

B probable

C able

D capable

8 A keep

B maintain

C support

D manage

9 A providing

B doing

C assisting

D making

10 A bring

B direct

C guide

D lead

11 A Whichever

B Whenever

C However

D Whatever

12 A feeling

B wonder

C question

D need

Example:

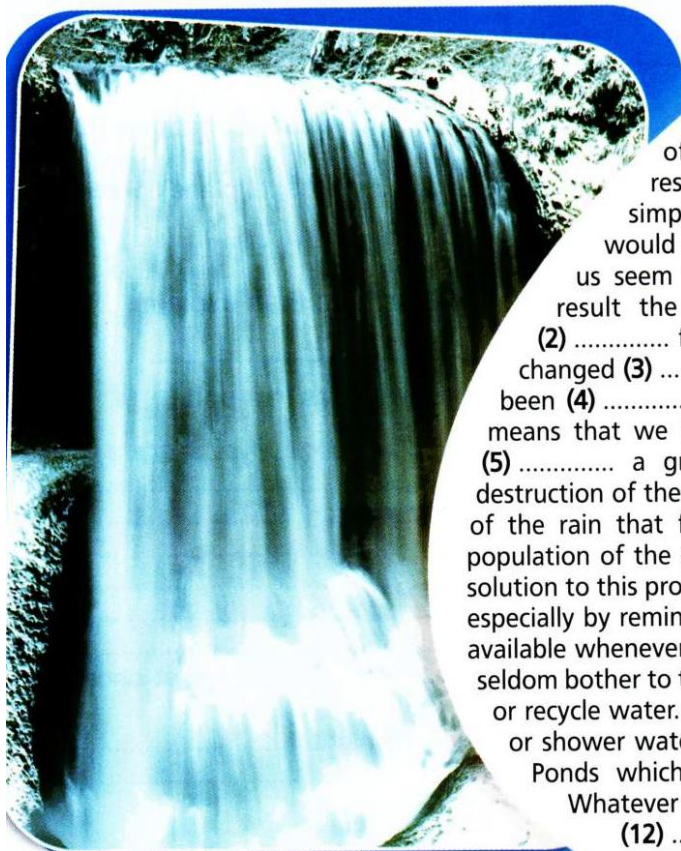
0 A show

B make

C write

D put

0	A	B	C	D
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>



Water

Water is one of our most precious resources; to (0) ...D... it simply, without water there would be no life. Unfortunately, many of us seem to have forgotten this fact, and as a result the world is (1) the danger of running (2) fresh water. The actual amount of water on earth has changed (3) since the time of the dinosaurs. The problem has been (4) by people's misuse of our water supply. This not only means that we have polluted our rivers and seas, but also that we are (5) a great deal of this precious resource. Unfortunately, the destruction of the rain forests has (6) this problem worse since much of the rain that falls is (7) because it runs off into the sea. The population of the earth is increasing daily, so it is vital that we (8) a solution to this problem before it is too late. The first step is to educate people, especially by reminding them of the (9) of water. For most of us it is available whenever we require it, (10) to bathe in or to drink, so we seldom bother to think about it. People then need to be taught how to reuse or recycle water. One of the simplest ways of doing this is to reuse bath or shower water for (11) cleaning or watering the garden. Ponds which filter used water are also becoming popular. Whatever methods we might decide to use, we must (12) the value of water and do our best to conserve it.

- | | | | |
|-----------------|--------------|----------------|--------------|
| 1 A facing | B witnessing | C viewing | D noticing |
| 2 A out of | B into | C off | D away with |
| 3 A lots | B many | C little | D few |
| 4 A brought out | B caused | C done | D happened |
| 5 A exploiting | B wasting | C spending | D throwing |
| 6 A caused | B done | C created | D made |
| 7 A missed | B fallen | C lost | D given up |
| 8 A recover | B discover | C come up | D find |
| 9 A value | B cost | C price | D worth |
| 10 A if only | B whether | C weather | D either |
| 11 A housing | B household | C housekeeping | D housework |
| 12 A focus | B estimate | C view | D appreciate |

Example:

0 A known

B considered

C told

D reminded

0

A

B

C

D

Ancient forests



Ancient forests (also (0) ...A... as 'ancient woodlands' in the U.K) are areas that (1) of trees which can be as old as a thousand years. Ancient forests are incredibly (2) in wildlife. In fact, they are (3) to nearly two thirds of the world's animal and plant species found on land. What is more, ancient forests control the world's climate by absorbing large amounts of water from rainfall. They also store carbon dioxide which would otherwise (4) the atmosphere.

(5), ancient forests covered most of central and western Europe. Unfortunately, this is not the (6) any more. Today, ancient woodlands exist only in the far north of Europe. Recent evidence indicates that only 17 per cent of the forest that used to cover Europe remains; 3 per cent in Sweden and Finland and 14 per cent in European Russia. This is worrying because (7) with the ancient trees that are destroyed, rare plants and animals are becoming (8)

The World Wide Fund for Nature (WWF) has decided to (9) attention to the importance of Europe's ancient woodlands. They are calling for the remaining forests to be protected through the control of the wood (10) They are also asking governments to regenerate forests and manage them in a more nature-friendly way. By (11) awareness of the value of ancient forests, it is hoped that the remaining areas will be (12)

1 A contain

B consist

C include

D involve

2 A wealthy

B full

C prosperous

D rich

3 A house

B place

C home

D country

4 A pollute

B infect

C contaminate

D spoil

5 A Then

B Once

C Ago

D Before

6 A case

B instance

C occasion

D condition

7 A of

B along

C next

D alongside

8 A gone

B dead

C lost

D extinct

9 A draw

B bring

C carry

D move

10 A business

B job

C exchange

D trade

11 A arising

B rising

C raising

D lifting

12 A released

B kept

C survived

D saved

Example:

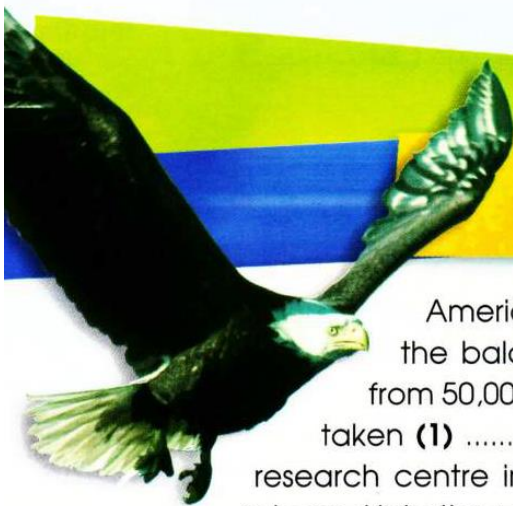
0 A to

B for

C like

D as

0	A	B	C

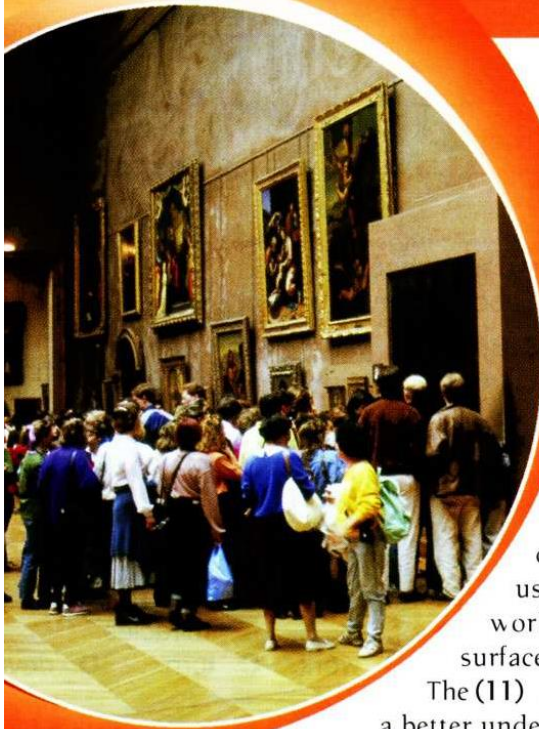


The American Eagle

America's national symbol is that great bird which is known (0) ...D... the bald eagle. However, the number of this species has dropped from 50,000 in the 1940s to less than 300 today. Fortunately, America has taken (1) by starting to breed these eagles. This takes place at a research centre in Oklahoma, where 300 eagles have been bred and then released into the wild. The eggs are (2) from wild eagles' nests, found (3) the country, and are flown straight to the centre by aeroplane. During the journey, they are kept (4) in a special container which (5) them from sunlight, which could easily kill them. Once they are at the centre, they are continually (6) until they hatch. Eight hours after the birds emerge, they are given their first meal, consisting of little pieces of a special meat. At 6 weeks old, they are taken outside to get used to the cooler temperature. The (7) stages of the bird's introduction to the wild take place at the top of a(n) (8) tower, where they are kept in a big cage and fed on fish. As time (9) by, the cages are removed and the birds eventually (10) to fly. All would agree that the (11) of these beautiful birds flying high in the southern skies makes all the (12) worthwhile.

- | | | | |
|----------------|----------------|---------------|--------------|
| 1 A measure | B move | C action | D step |
| 2 A assembled | B concentrated | C piled | D collected |
| 3 A throughout | B all | C among | D through |
| 4 A certain | B safe | C sure | D harmless |
| 5 A avoids | B prevents | C hinders | D protects |
| 6 A controlled | B observed | C seen | D noted |
| 7 A end | B final | C latest | D finished |
| 8 A eminent | B deep | C outstanding | D high |
| 9 A passes | B flies | C runs | D goes |
| 10 A learn | B train | C teach | D practise |
| 11 A vision | B picture | C sight | D view |
| 12 A attempts | B effort | C trial | D experiment |

Tate Gallery

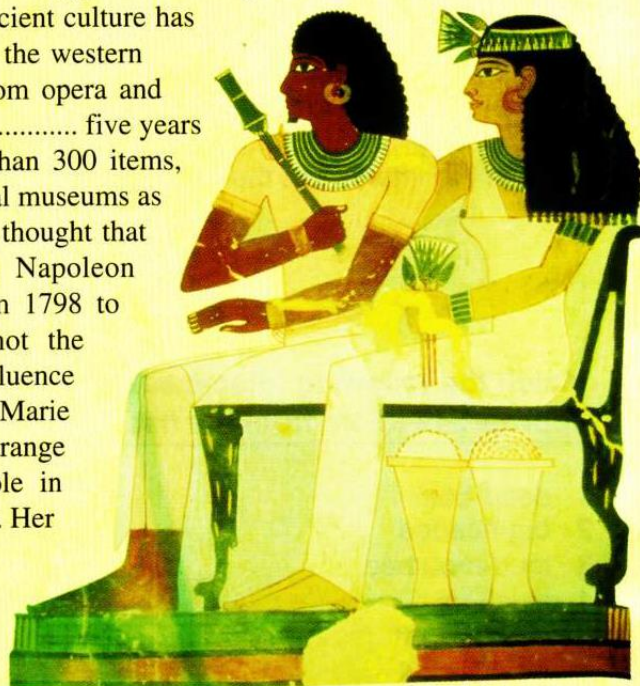


Visitors to the famous Tate Gallery in London can now (0) ...**A**... the British artist David Hockney talk about one of his paintings, which is (1) ... *The Bigger Splash*. Following the example of the French, who have (2) such a system in the Louvre in Paris, technology is coming to both the Tate and the National Gallery, two of Britain's (3) prestigious art institutions. The Tate is now offering Tateinform, a personal audio guide to the paintings and sculptures on (4) , and to the themes of certain displays. At the (5) of a button visitors can listen to artists, art critics and gallery curators explaining any work that (6) their interest; they can stop, start, rewind or fast-forward their electronic devices (7) they want. Many of the commentaries on works of art (8) several layers of information. Style, content and symbols may be explained, or you may even be given details of particular paints the artist has used. Some of the artists (9) on the inspiration for their own works. David Hockney, for (10) , talks about his interest in the surface and movement of water in his commentary for *The Bigger Splash*. The (11) of audio guides is a great help to people wanting to (12) a better understanding of art.

- | | | | |
|-------------------|----------------|-----------------|-----------------|
| 1 A told | B said | C announced | D called |
| 2 A brought in | B brought on | C brought about | D brought along |
| 3 A much | B wholly | C most | D great |
| 4 A presentation | B exhibition | C show | D sight |
| 5 A switch | B touch | C press | D push |
| 6 A catches | B opens | C turns | D fills |
| 7 A any | B every | C each | D whenever |
| 8 A offer | B say | C propose | D tell |
| 9 A aim | B focus | C look | D direct |
| 10 A illustration | B sample | C instance | D case |
| 11 A start | B introduction | C presentation | D discovery |
| 12 A earn | B take | C gain | D win |

Egyptomania

'Egyptomania' is a new art exhibition which has (0) ...A... at the Louvre Museum in Paris. It shows just how many images of Egypt have emerged through the (1) and examines why this ancient culture has (2) to have such a powerful influence on the western imagination. It has (3) all of the arts, from opera and cinema to architecture and furniture design. It (4) five years to prepare the exhibition, which includes more than 300 items, many of which are on (5) from international museums as far (6) as Australia. It has generally been thought that European (7) in Egypt started with Napoleon Bonaparte's military campaign which lasted from 1798 to 1801, but the exhibition shows that this is not the (8) There are examples of Egyptian influence (9) back to the early 17th century. Queen Marie Antoinette, well known for her (10) of strange and exotic things, (11) an important role in starting the (12) for Egyptian art in France. Her bedroom ceiling in Versailles is painted with Egyptian images, and there are chairs and tables decorated with small statues of young Pharaohs.



- | | | | |
|----------------|-------------|--------------|--------------|
| 1 A periods | B ages | C times | D history |
| 2 A persisted | B remained | C lasted | D continued |
| 3 A moved | B directed | C impressed | D influenced |
| 4 A took | B needed | C used | D was |
| 5 A credit | B advance | C loan | D gift |
| 6 A from | B away | C along | D abroad |
| 7 A interest | B attention | C attraction | D curiosity |
| 8 A situation | B event | C state | D case |
| 9 A moving | B turning | C going | D coming |
| 10 A affection | B love | C care | D like |
| 11 A did | B affected | C played | D took |
| 12 A custom | B style | C convention | D fashion |

Example:

0 A well

B right

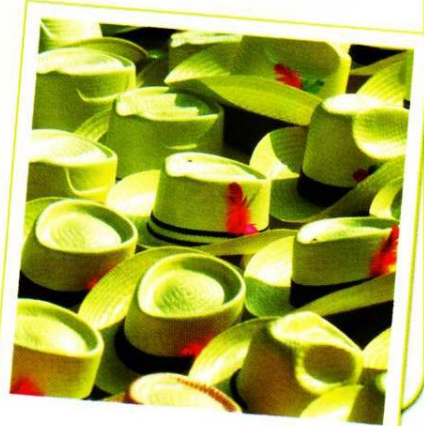
C good

D functional

0	A	B	C	D
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

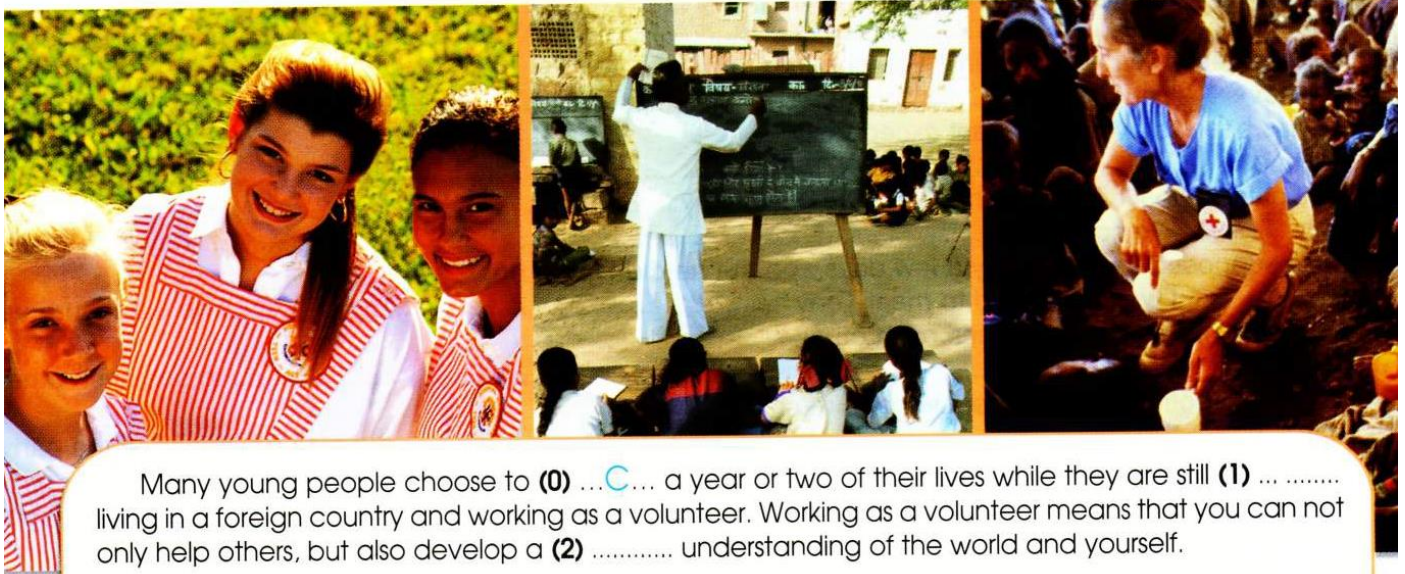
Panama Hats

When summer comes and the sun appears, it's (0) ...C... to have a hat. Many people have traditionally (1) for the panama hat. Stylish, light and cool on the head, these palm leaf hats are flexible enough to roll up and put in a pocket or bag. Nowadays panamas can be found in fashionable shops (2) over the world, sometimes at exorbitant (3) However the hat itself (4) in rather humble surroundings in the jungles of South America. In a long tradition (5) down from generation to generation, the palm leaves are gathered by the men and the hats are woven by the women. It can (6) up to 12 palm leaves to make a (7) quality hat. Each leaf is split up to 25 times to obtain a straw that is fine enough to be woven into a hat. The women's job is dictated by the weather and visibility: there must be enough light for them to (8) the fine straw, but the air must be moist enough for it to (9) flexible. This means that the women can usually only work in the (10) morning. (11) panama hats are expensive, back in the villages the craftsmen and women are struggling to keep the tradition (12) and often receive only a fraction of the price you pay in the shops.



- | | | | |
|---------------|------------|--------------|-------------|
| 1 A sought | B got | C gone | D tried |
| 2 A on | B at | C throughout | D all |
| 3 A prizes | B amounts | C prices | D costs , |
| 4 A born | B came | C originated | D produced |
| 5 A handed | B past | C given | D delivered |
| 6 A need | B be | C take | D want |
| 7 A great | B top | C height | D grade |
| 8 A watch | B see | C look | D attend |
| 9 A continue | B endure | C persist | D remain |
| 10 A prompt | B early | C soon | D fast |
| 11 A Although | B Still | C But | D Even |
| 12 A live | B existing | C alive | D lively |

Volunteering



Many young people choose to (0) ...C... a year or two of their lives while they are still (1) ... living in a foreign country and working as a volunteer. Working as a volunteer means that you can not only help others, but also develop a (2) understanding of the world and yourself.

You must have a university degree and (3) at least one year's experience before you can (4) Suitable applicants are invited to (5) a series of interviews and are then sent on a training programme. Applicants are usually offered a post (6) months and can be sent anywhere from the Sahara to Siberia.

The advantages of being a volunteer far (7) the disadvantages. Being a volunteer can enable you to get (8) experience that you would otherwise not have had. It can help you move up the career ladder faster. You will make (9) friends and return with a(n) (10) of another culture and language.

However, volunteering is not for everyone. It can be difficult being (11) from friends and family. Living on a (12) allowance is challenging. But, if you do choose to go, you will return a stronger, wiser person.

- | | | | |
|----------------|---------------|----------------|--------------|
| 0 A take | B pass | C spend | D stay |
| 1 A individual | B alone | C unique | D single |
| 2 A greater | B longer | C larger | D bigger |
| 3 A win | B earn | C deserve | D gain |
| 4 A write | B enter | C apply | D compete |
| 5 A visit | B attend | C go | D come |
| 6 A during | B by | C within | D before |
| 7 A outweigh | B outrun | C outdo | D outgrow |
| 8 A worthless | B invalid | C invaluable | D worthwhile |
| 9 A lifeless | B long-lost | C life-saving | D lifelong |
| 10 A gratitude | B recognition | C appreciation | D enjoyment |
| 11 A cut back | B cut off | C cut out | D cut across |
| 12 A middle | B mixed | C minimal | D modest |

VIETNAMESE CUISINE

Shaped like an elongated 'S', Vietnam (0) ...C... on the eastern part of Indochinese peninsula in Southeast Asia.

Vietnamese cuisine differs

(1) radically in the north, centre and south of the country but two key features stand out.

Firstly, rice (2) an essential role in the nation's diet and so do noodles. In fact, the Vietnamese are crazy about noodles! Made from wheat, rice or mung beans, noodles are eaten at any time of the day. They come in (3) shapes and thicknesses and are eaten in soups, as (4) dishes or simply plain. Secondly, fresh vegetables and herbs are a major focus of every meal.

(5), most Vietnamese shop for food at least twice a day which (6) why their cuisine is famous for its use of

fresh ingredients. Dishes are (7) with vegetables such as bean sprouts, carrots, water spinach, eggplants, cucumbers and bok choy, and

seasoned with herbs like lemon grass, coriander, basil, chilli and mint. The characteristic flavours of Vietnamese food are sweet, spicy and sour. As in many Asian countries, the Vietnamese do not eat their meals in (8)

Instead, all the food is served at once and people (9) from the dishes in the centre of the table. Vietnamese cuisine has been growing in (10) worldwide because it is not only delicious but also extremely healthy. Food is rarely fried.

(11) it is steamed or simmered. Salads are oil free. It is thus very light and, (12) of its focus on vegetables, incredibly nutritious.



- | | | | |
|--------------|---------------|--------------|--------------|
| 1 A slightly | B fully | C mainly | D quite |
| 2 A holds | B plays | C acts | D gives |
| 3 A unlike | B different | C uncommon | D altered |
| 4 A side | B accompanied | C aside | D beside |
| 5 A True | B Although | C However | D Indeed |
| 6 A explains | B justifies | C accounts | D reasons |
| 7 A handed | B given | C introduced | D presented |
| 8 A courses | B proportions | C parts | D starters |
| 9 A divide | B share | C split | D portion |
| 10 A esteem | B recognition | C popularity | D attraction |
| 11 A However | B Instead | C And | D Still |
| 12 A thanks | B since | C because | D due |

Example:

0 A found

B discovered

C traced

D detected

0	A	B	C	D
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ART in Amsterdam



The Stedelijk Museum, which can be (0) ...A... in Amsterdam, is (1) as one of the most interesting museums of modern art in the world. The museum first opened its (2) on 14 September, 1895 and it was controversial from the start. The French poet Appolinaire (3) it as "the only place in the world where you can see truly modern art". From the beginning, its main (4) was to display the best of new art whether it was accepted by the establishment or not. Back in 1905, its decision to show the work of Van Gogh (5) a problem with city authorities, as his work was 'little valued' at the time. But the (6) trouble started after the War when they decided to exhibit even more experimental work. Rudi Fuchs, the (7) director of the museum, has decided to be a bit more cautious in his choice of exhibits, as (8) to previous directors. He believes it is his (9) to care for the old collection of paintings as well as to continue encouraging new art. As (10) as the future is concerned, he has decided to display a (11) collection of modern classics, including art dating back to the 19th century, but he will also continue to (12) for more unusual and daring work to display at the Stedelijk.

- | | | | |
|-----------------|--------------|-----------------|----------------|
| 1 A said | B considered | C regarded | D thought |
| 2 A doors | B hands | C entrance | D windows |
| 3 A illustrated | B defined | C characterised | D described |
| 4 A cause | B purpose | C reason | D view |
| 5 A made | B did | C brought | D caused |
| 6 A real | B true | C apparent | D virtual |
| 7 A topical | B present | C now | D contemporary |
| 8 A different | B contrasted | C opposed | D unlike |
| 9 A duty | B charge | C intention | D aim |
| 10 A long | B far | C soon | D well |
| 11 A continual | B constant | C fixed | D permanent |
| 12 A view | B search | C investigate | D explore |

0 A biggest

B largest

C greatest

D grandest

0

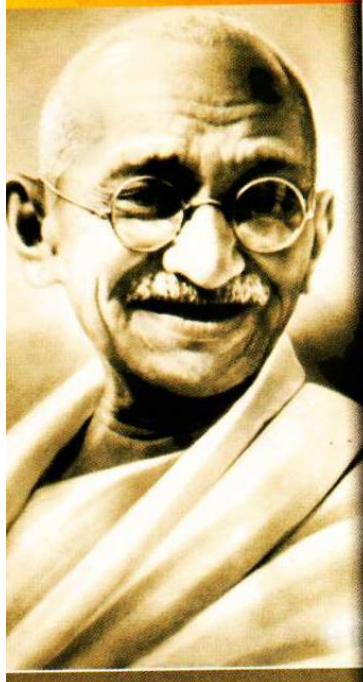
A

B

C

D

Mahatma Gandhi



Mohandas Gandhi (known as **Mahatma** - or 'Great Soul' - Gandhi) was one of the (0) ...C... figures of the 20th century. Gandhi was the man who (1) India on the path to independence from British rule. He (2) freedom for his country through actions which were always (3) on the ideas of non-violence and peace.

Gandhi was born in India on 2 October 1869. He (4) his childhood in India and at 19 he went to study law in England. At the age of 23, Gandhi got a one-year contract to do legal (5) in South Africa. In South Africa, Gandhi was shocked to see how badly Indian people were treated. Gandhi believed that the best (6) to achieve political and social change was peaceful protest. He always remained true to the ideas of non-violence, even in the (7) extreme situations.

Gandhi eventually returned to India after 21 years in South Africa. When he got back home, Gandhi saw how bad life was for people in India so he began to fight for improved rights there too. He was especially (8) with improving the life of India's lower classes. Gandhi soon became the leader in the movement to free India from the rule of the British, and he (9) In 1947, the British granted India its independence. Tragically, six months after India gained independence, Gandhi was assassinated. He was 78 years old.

Today, Gandhi is loved and admired by millions of people (10) the world. The people of India (11) him as the father of their nation and his birthday is a(n) (12) holiday in India.

- | | | | |
|--------------------|--------------|-------------|-------------|
| 1 A led | B managed | C ran | D directed |
| 2 A won | B gained | C earned | D found |
| 3 A put | B based | C found | D supported |
| 4 A took | B held | C spent | D finished |
| 5 A vocation | B employment | C job | D work |
| 6 A way | B manner | C direction | D aspect |
| 7 A main | B most | C large | D very |
| 8 A interested | B worried | C concerned | D eager |
| 9 A gained | B achieved | C managed | D succeeded |
| 10 A throughout | B through | C during | D cross |
| 11 A observe | B look | C regard | D think |
| 12 A international | B national | C local | D internal |