

"Diet drinks may be as unhealthy as sugary ones"

LANGUAGE - CLOZE

Many people drink diet sodas (1) _____ part of their diet. They believe these drinks are healthier than fizzy drinks. However, according to a new study, "diet" versions of sugary drinks can be as (2) _____ for our heart as fizzy drinks that are loaded with sugar. The researchers who (3) _____ the study said people should avoid diet sodas and other artificially sweetened beverages if they want to look (4) _____ their health. They said the artificial sweeteners in diet drinks are not healthy. Dr Guy Mintz, a heart specialist, said: "The (5) _____ that artificial sweeteners are a safe substitute for sugar is fake news." He added: "Artificial sweeteners have been associated (6) _____ weight gain, insulin resistance, and diabetes."

The research is published in the Journal of the American College of (7) _____. Researchers looked at health data from over 100,000 people in France. Participants in the study recorded their diet, activity level, and health (8) _____ every six months. The researchers said: "Higher intakes of...artificially sweetened beverages were associated with a higher (9) _____ of cardiovascular disease, suggesting that artificially sweetened beverages might not be a healthy substitute (10) _____ sugary drinks." They added: "Water, water, and more (11) _____ should be the beverage of choice. Given childhood obesity, no sweetened or artificially sweetened beverage should be a (12) _____ in children's diets."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|---------------|-----------------|----------------|--------------|
| 1. | (a) was | (b) is | (c) as | (d) has |
| 2. | (a) bad | (b) unwell | (c) ill | (d) disease |
| 3. | (a) conducted | (b) replied | (c) served | (d) fizzed |
| 4. | (a) after | (b) post | (c) before | (d) then |
| 5. | (a) bailiff | (b) belief | (c) believe | (d) believer |
| 6. | (a) in | (b) at | (c) to | (d) with |
| 7. | (a) Cardigan | (b) Cardamon | (c) Cardiology | (d) Cardinal |
| 8. | (a) stat | (b) statutes | (c) statues | (d) status |
| 9. | (a) risk | (b) opportunity | (c) pressure | (d) poison |
| 10. | (a) for | (b) on | (c) at | (d) in |
| 11. | (a) watered | (b) water | (c) waters | (d) watery |
| 12. | (a) patch | (b) bracket | (c) staple | (d) hinge |

"Stress baking helped during US election"

GAP FILL

The 2020 U.S. presidential election was a stressful (1) event for many people. A poll conducted by the marketing research company OnePoll found that the election was a main (2) cause of stress in 49 per cent of people. Only COVID-19 caused greater stress. The (3) poll found that 55 per cent of the 2,000 adults in the survey believed that November the 3rd, 2020 would be the tensest day (4) yet this year. In addition, 59 per cent said they couldn't (5) imagine being more stressed than they already were. Furthermore, 67 per cent wanted 2020 to be over. Naomi Hirabayashi, cofounder of the self-care (6) app Shine, said: "It's not just the election anxiety - this year has been a (7) marathon of stress. These are not (8) normal times."

yet
app
cause
normal
event
marathon
poll
imagine

The months of non-stop news (9) coverage caused many people to get stressed out. One thing many people did to relieve stress was to bake. Stress baking rose in (10) popularity in 2020. More cakes and bread have been going into ovens in the (11) run-up to the election. Stress baking is now in the top five most (12) effective self-care practices of 2020. The poll found that 27 per cent of people used baking as a stress reliever. Unfortunately, 41 per cent of people said the stress of 2020 caused them to (13) gain weight. One American woman said stress baking (14) _____ her election stress. She said: "I'm prepared and have a post-election (15) plan. In reality, we probably won't have a clear (16) winner for weeks after election day."

run-up
gain
popularity
plan
effective
coverage
winner
reduced

TEATIME

KEY

Tea is one of the world's **(1) most** popular beverages. According to a legend, it originated in China thousands of years **(2) ago**, when leaves from a tea bush fell **(3) into** a hot water pot of the Chinese emperor.

At first, only wealthy British families **(4) were** able to afford drinking tea, which was brought from India by merchants and traders. Some people even locked it up to prevent it from **(5) being** stolen.

There are many ways to drink tea. **(6) While** most people just drink their tea pure, others add milk or a lemon. The most common forms are black and green tea. Vanilla or fruit flavouring **(7) is** often added to tea to give it a special taste. Some people brew their tea in convenient tea bags, others pour boiling **(8) water** over crushed tea leaves.

Tea drinking has a long tradition in Britain. Every Briton **(9) drinks/consumes** about 5 cups of tea per day, or about 1,700 cups a year – the largest per capita consumption in the **(10) world**. Traditional afternoon teatime goes **(11) back** to the 19th century. Many families celebrate this custom in an exclusive way, with expensive china and silver spoons.

Tea has a stimulating effect **(12) on** your body, because it contains **(13) more** caffeine than coffee. It is great for those who are afraid of putting on too much **(14) weight** as it has only 4 calories per cup.

PREPOSITIONS

KEY

1. I almost never agree **with** him, but this time we shared the same opinion.
2. He subscribed **to** the weekly magazine.
3. She blamed the incident **on** my carelessness.
4. The convict escaped **from** a high security prison.
5. The young woman smiled **at** me and I smiled back.
6. Students are protesting **against** increasing tuition fees at universities.
7. Small children believe **in** Father Christmas or Santa Claus.
8. After the accident the ambulance took him to the hospital where he fell **into** a coma.
9. Catharine's parents disapproved **of** her marriage to the wealthy banker.
10. Rugby is often associated **with** being a brutal sport.
11. She cares **about** her mother a lot and always comes to visit her.
12. After graduating he applied **for** a job at a local book shop.
13. She insisted **on** taking me out to dinner on my birthday.
14. I always shop **for** my Christmas presents during the summer holidays.
15. After studying at university, she developed **into** a great scientist.
16. He invested all his money **in** real estate.
17. The dog barked **at** the delivery man when he came through the gate.
18. Dad always tries to protect me **from** bad influences.
19. We must sympathize **with** those who have lost relatives in the conflict.
20. The drug addict died **of** an overdose of heroin.
21. In August 1945 the Japanese surrendered **to** the Americans.
22. It took him a long time to recover **from** the accident he had last year.
23. My neighbour complained **about** the noise on the streets.
24. The farmers in the region hoped **for** rain because the drought was destroying all the crops.
25. She gazed **at** me in astonishment.

VERB-NOUNS COLLOCATIONS

KEY

1. When our daughter found out that our cat was missing, she **burst** into **tears** and couldn't be stopped.
2. Our boss is often angry and **loses** his **temper** when things go wrong.
3. If she never posts anything on her personal website, she **runs** the **risk** of alienating her fans.
4. Not everything happens on its own. Sometimes you have to **make** an **effort** to get things done.
5. Why don't you **take** a **break**? You've been working so hard recently.
6. He has been the race preparing for months. He wants to **break** his own **record** and be the best in the world.
7. His car broke down, so I **gave** him a **lift** to the nearest garage.
8. Politicians often think we should **raise taxes** in order to get more money to spend.
9. The new teacher didn't **meet** the headmaster's **expectations** and was fired after only two months on the job.
10. The couple **got** a **divorce** only a few months after their wedding.
11. Dad **kept** his **promise** and took me to Disneyland in the summer holidays.
12. We **caught** a **glimpse** of the famous football player as we came down the stairs.

WORD FORMATION

KEY

NOUN	VERB	ADJECTIVE
weakness	weaken	weak
description	describe	descriptive
competition/competitor	compete	competitive
persuasion	persuade	persuasive
appreciation	appreciate	appreciative
marriage	marry	married
reaction	react	reactive / reactionary
strength	strengthen	strong
suspicion / suspect	suspect	suspicious
education	educate	educational
apology	apologize	apologetic
sympathy	sympathize	sympathetic
depth	deepen	deep
conclusion	conclude	conclusive
warmth	warm	warm
sweetness	sweeten	sweet
preference	prefer	(un)preferable
explosion	explode	explosive
discouragement	discourage	discouraging
shortage	shorten	short
closure	close	closed
attention / attentiveness	attend	attentive
discovery / discoverer	discover	discovered
power	empower	powerful / powerless
reliability	rely	reliable
speciality	specialize	special

ARTICLES

KEY

1. Jake took out **a** bottle of beer from **the** fridge.
2. Emma looked at **the/ a** letter she received from **the/a** company she wanted to join.
3. She is on **a** diet, so she ordered **a** low-calorie meal.
4. We are planning on having **the** wedding in --- early fall, probably in --- September.
5. The plane was climbing up through **the** sky.
6. Winston Churchill was **a/the** Prime Minister who led England during --- World War II
7. Our father ruled our family with **an** iron fist.
8. --- Marmalade is usually made from --- oranges.
9. She is currently driving at **an** enormous speed.
10. The TV show portrays the lives of **the** Royal Family.
11. She gave us **an** umbrella because it started to rain.
12. Carol's father works as **an** electrician.
13. We left Rome and flew across **the** Alps to Munich.
14. Most --- children like --- sweets.
15. Have you got **an** idea about how we can solve **the** problem?
16. Our friends, the Millers, moved to **the** Netherlands last winter.
17. Our children go to --- school by --- bus.
18. She likes --- Indian tea but she doesn't like **the** tea that comes from Sri Lanka.
19. The two countries reached --- peace after **a** long, disastrous war.
20. We needed **a** place to live whenever we were in London.
21. Over 20 people were buried by **an** avalanche last weekend.
22. She had laughing eyes and **a** very charming expression on her face.
23. We need to be at **the** airport in just over **an** hour.
24. --- Milk is rich in --- nutrients.
25. Some people say --- money is **the** most important thing in --- life.