

TASK 1

FILL IN THE GAPS WITH THE RIGHT WORD FROM THE WORDLIST. /TWO WORDS ARE NOT NECESSARY/ THERE IS AN EXAMPLE

WORDLIST: extra, compensate, essential, back, ask, dehydrated, yearn, assigned, patented, hydrated, assessed, smoothness, contradictory

BBC Future /www.bbc.com/

Medical Myths | 4 September 2012

Is drinking (0.) _____ water good for your skin?

If you (1.) _____ for smooth skin that glows with youth, the chances are that at some point you will have heard the exhortation to drink lots of water in order to flush out those evil toxins and keep your skin healthy.

The exact amount people suggest varies. US-based advice tends to recommend eight glasses a day, while in hotter climates people are advised to drink more to (2.) _____ for higher rates of sweating. But regardless of the exact volume of water suggested, the principle behind the advice remains the same – taking extra water on board will keep your skin (3.) _____. In other words, water acts like a moisturiser, but from the inside out.

This is such a common idea you might be surprised at the lack of evidence to (4.) _____ this up. You might expect there to be countless studies where people are separated into two groups, one (5.) _____ to sip water all day, the other to drink a normal amount. Then the smoothness of the skin could be (6.) _____ a month or so later to establish whether sipping more led to smoother skin.

In fact such studies are rare, partly because water can't be (7.) _____, so it is hard to find anyone to fund such research when there will be no new medication or cosmetic to sell that could repay the costs. A review by the dermatologist Ronni Wolf at the Kaplan Medical Centre in Israel found just one study looking at the effect of long-term water intake on the skin. But the results were (8.) _____. After four weeks, the group who drank extra mineral water showed a decrease in skin density, which some believe suggests the skin is retaining more moisture, while those who drank tap water showed an increase in skin density. But regardless of the type of water they drank, it made no difference to their wrinkles or to the (9.) _____ of their skin.

That's not to say that dehydration has no effect on skin. We can measure some effect through the assessment of skin turgor. This is a measure of how fast it takes the skin to return to normal if you pinch some skin and lift it up. If you are (10.) _____ your skin will take longer to get its shape back. But it doesn't follow that because drinking too little water is bad for the skin, drinking above average quantities is good. It would be like saying that because a lack of food leads to malnutrition, overeating must be good for us. Or as Wolf puts it, it's like saying a car needs petrol, therefore the more petrol the better.

0 – extra

1. _____, 2. _____, 3. _____, 4. _____, 5. _____, 6. _____, 7. _____, 8. _____, 9. _____, 10. _____

TASK 2

READ THE FOLLOWING ARTICLE. PARTS OF SOME SENTENCES ARE MISSING. YOUR TASK IS TO FILL THEM IN (1-10) FROM THE LIST BELOW (A-M). WRITE THE LETTERS IN THE APPROPRIATE PLACES AS IN THE EXAMPLE. REMEMBER THAT THERE ARE TWO EXTRA LETTERS YOU DO NOT NEED.

Minister, saint, hero, civil rights activist - These are the words (0.) _____ describe Dr. Martin Luther King Jr. - However, in light of President Barack Obama's second-term inauguration ceremony this morning, the word that seems to fit the bill perfectly, is visionary - The man who had the foresight to see that America could one day transform into (1.) - _____. So who was this amazing man that single handedly spearheaded America's civil rights movement?

Born in Atlanta, Georgia on January 15, 1929, Dr. King's first encounter with apartheid was at the age of six when he realized that his best friend would be heading to a different school not because he lived in another district, but because, he happened to be white! That's when his parents explained to him that he lived in a city where blacks and whites led totally disparate lives - They ate at different restaurants, went to different schools and even, sat in separate areas when traveling in buses and trains.

While he wished things were different, it was a way of life that Dr. King accepted until he spent a (2.)_____, Connecticut and discovered that not all of America was like this - In the northern states, there was no separation by color. Everyone did everything, together. Though Dr. King did return to Atlanta to pursue his higher education at an all-black college, the first seed of the events that led to him becoming the country's most influential civil rights leader had been planted. While at college, he read an essay by Henry David Thoreau which talked about how (3.)_____. The message was re-affirmed by Indian civil rights leader Mahatma Gandhi, who not only led India's Independence movement, but also, spent 20 years fighting apartheid in South Africa.

in 1955, Dr. King who was by now an ordained Minister and married, faced a tough decision - Whether to become the pastor of a church in the northern states of New York or Massachusetts or accept the same position in the Deep South, namely Montgomery, Alabama where discrimination against African Americans was even more prevalent than in Atlanta. Luckily for America, his wife Coretta and he decided to take the tougher road and picked the latter.

As pastor, he encouraged the residents of Montgomery (4.)_____ by registering to vote and joining the NAACP, the nation's oldest and largest civil rights organization. But what really spurred Dr. King into action was an incident that occurred on December 1st, 1955. A civil rights activist by the name of Rosa Parks decided (5.)_____ with a simple act - By seating herself in the bus area reserved for whites. This insolence caused her to get arrested, fined and even locked in jail, for one night.

(6.)_____, Dr. King asked the residents of Montgomery to boycott all public transport. This was no easy request. The buses were the only mode of transport for many of the residents whose jobs entailed traveling long distances. However, they took up the challenge not for one day or one month but, a full year! And, it was not just Montgomery, but other parts of the nation with similar laws that joined in too! In 1956, the activists won their first battle when the Supreme Court of the United States passed a ruling (7.)_____

Dr. King was not done yet - For the next decade he traveled around the country encouraging people to fight against all kinds of segregation in a non-violent peaceful manner, by

organizing sit-ins, boycotts and leading protest marches. During this time, he gave many inspiring speeches, the most memorable one of which, was delivered on August 28th, 1963. President John F. Kennedy asked the US Congress to pass a civil rights bill that would give all (8.) _____. To try convince the officials to approve it, Dr. King along with other civil rights leaders asked people to come to Washington D.C. and stage a peaceful march to demonstrate their support.

Over 250,000 people from all over the country flew, drove, rode buses and even walked to participate in what the history books call the March on Washington! It was here, standing on steps of the Lincoln Memorial that Dr. King gave his most quoted, 'I have a dream' speech, in which he articulated his vision of a country where everyone would be equal.

Unfortunately, Dr. King was assassinated while on a trip to Memphis, Tennessee in 1968, and did not live long enough to see (9.) _____. 45 years after his death, we still honor this great man and his passion for equality, by celebrating his life on the third Monday of every January. Thanks to him and his 'radical' vision, America is slowly but surely, become (10.) _____. However, resting on our past laurels is not enough. We now challenge you to go one step further and seek out your own dream. While it may sound impossible and take some time to achieve, it will come true, if you put your mind to it - Dr. King's sure did, didn't it?

If you are interested in reading more about Dr. King or any of the other history making people mentioned in this article, be sure to seek out the books shown below, at your school library or local bookstore.

Dogo news by Meera Dolasia on January 21, 2013

- A/ a nation where everyone is equal, regardless of race, color or creed
- B/ Americans equal access to public places
- C/ a nation where a person is judged by his/her merit not, color of skin.
- D/ one could affect unjust laws with peaceful protests
- E/ to abolish the transportation segregation law.
- F/ to exercise their civil rights
- G/ to bring justice to her
- H/ summer working in the tobacco fields in Simsbury
- I/ to take a stand against the injustice
- J/ his dream come true
- K/ to protest against descrimination
- L/ year studying in Simsbury
- M/ often used to

0. - M

1. _____, 2. _____, 3. _____, 4. _____, 5. _____, 6. _____, 7. _____, 8. _____, 9. _____
10. _____

TASK 3

**YOU ARE GOING TO READ AN ARTICLE ABOUT LANCE ARMSTRONG
SOME WORDS ARE MISSING FROM THE TEXT. USE THE WORDS IN BRACKETS TO
FORM THE WORDS THAT FIT IN THE GAPS (1 – 10.)
THEN WRITE THE APPROPRIATE FORM OF THESE WORDS ON THE LINES AFTER
THE TEXT. USE ONLY ONE WORD FOR EACH GAP. □ THERE IS AN EXAMPLE (0) AT
THE BEGINNING**

www.guardian.co.uk

Lance Armstrong's confession was too little and far too late

The cyclist's appearance on Oprah still leaves many questions unanswered

What was the old, (0.) _____ (cancer-survive), rival-bashing Lance Armstrong like? He was, he revealed to Oprah Winfrey last week, "a guy who expected to get whatever he wanted and control every outcome". But here was the problem: that old Lance Armstrong bore more than a passing (1.) _____ (resemble) to the new, flawed, semi-contrite one. By choosing the medium of the TV (2.) _____ (confess), Armstrong believed he could manipulate the discussion once again. His failure to recognise quite how deep a hole he's in is hubris on an epic scale. It is hard to think of anyone in public life who has lied as Armstrong has. Everything about his cycling career has been built on a (3.) _____ (persistent) restated deception: I did not take performance-(4.) _____ (enhance) drugs. He became a really world-class (5.) _____ (lie) and there is evidence that even now he is finding the habit a hard one to give up. His claim that he never doped after 2005 is strongly (6.) _____ (contest) by the United States Anti-Doping Agency. There are numerous other (7.) _____ (answer) questions from the Oprah interview that need to be addressed now by legal and anti-doping authorities. Armstrong was right on one point: he may have been a kingpin, but he is only one guy. It's worth remembering just how (8.) _____ (ingrain) drug use is in professional cycling. In the very first races, in the late 19th century, riders took morphine, cocaine, even bull's blood and the (9.) _____ (crush) testicles of wild animals. There has never been an era that has not been tainted by doping. All of which should give us hope – and caution – for the future of the sport. Armstrong hogged the headlines last week, but on Thursday there was a (10.) _____ (cheery) announcement when the routes for three British stages of the 2014 Tour de France were revealed. Millions of Britons will turn out to watch. Will they be able to believe what they are watching? A full, explicit confession from Armstrong is essential for everyone to move on. Cycling may be the boom sport of the new century, but the people who love it don't have infinite patience.

The Observer, Sunday, 20 January 2013

0. cancer-surviving

1. _____ , 2. _____ , 3. _____ , 4. _____ , 5. _____ ,
6. _____ , 7. _____ , 8. _____ , 9. _____ , 10. _____

TASK 4

This text comes from the TREASURE ISLAND by Robert Louis Stevenson. Put in the missing letters on the lines in the text. There is an example.

I had the wor r y of the deuce its__ __ to find so much as half a do__ __, till the most remarkable str__ __ of fortune brought me the ve__ __ man that I requ__ __ __. I was stan__ __ on the dock, when, by the mer__ __ accident, I fell in ta__ __ with him. I found he was an old sai__ __, kept a public-house, kn__ __ all the seafaring m__ __ in Bristol, had lost his hea__ __ ashore, and wan__ __ a good berth as cook to get to sea ag__ __. He had hobbled do__ __ there that morning, he said, to get a sm__ __ of the salt. I was monstrously tou__ __ __--so wo__ __ you have been--and, out of pu__ __ pity, I eng__ __ __ him on the sp__ __ to be ship's cook. Long John Silver, he is cal__ __, and has lost a leg; but that I rega__ __ __ as a recommendation, since he lo__ __ it in his country's ser__ __ __, under the immortal Hawke. He has no pen__ __ __, Livesey. Ima__ __ __ the abominable a__ __ we live in!

Well, sir, I thought I had on__ __ found a cook, but it was a cr__ __ I had discovered. Between Silver and myself we got together in a few days a company of the toug__ __ __ old salts imaginable--not pre__ __ to look at, but fellows, by th__ __ __ faces, of the mo__ __ indomitable spirit. I dec__ __ __ we could fight a frigate. Long John even got r__ __ of two out of the six or seven I had already engaged. He showed me in a mom__ __ that they were just the so__ __ of fresh-water swabs we had to fe__ __ in an adventure of impor__ __ __.

I am in the most magni__ __ __ health and spi__ __ __, eating like a bu__ __, sleeping like a tr__ __, yet I sh__ __ not enjoy a moment till I hear my old tarpaulins tram__ __ __ round the capstan. Seaward, ho! Hang the trea__ __ __! It's the glory of the sea that has turned my head. So now, Livesey, come post; do not lo__ __ an hour, if you res__ __ __ me. Let young Hawkins go at once to see his mother, with Redruth for a gu__ __; and then both come full speed to Bristol.

TASK 5

**Write a story! The last sentence has to be: IT WAS THE KING NOT THE POSTMAN
Write a story consisting of at least 150 words.**