

**A: Write the English definition for the words in bold.**

1. It is important to **protect** your skin from the harmful effects of the sun.  
(.....)
2. She's an **excellent** student with a bright future.  
(.....)
3. Several train passengers received bad **injuries** in the crash.  
(.....)
4. The success of this project **relies** on everyone working very hard.  
(.....)

**B: Fill in the blanks with the words given.****release / get fat / more efficiently / stored on / gas-fuelled / bend / stretch**

5. In our new house, we have a ..... heating system.
6. This exercise is designed to ..... the leg muscles.
7. After her fall she said sadly that she couldn't ..... her leg properly.
8. Changes are being introduced to make the factory operate .....
9. The data is ..... a hard disk and backed up on a floppy disk.
10. Coal power stations ..... sulphur dioxide into the atmosphere.

**C: Cloze Passage**

Aerobic exercise is repetitive, (11)..... it is an activity that you do over and over again, to keep bringing fresh oxygen to all of your muscles. When you do aerobic exercise and bring in that oxygen, your heart becomes stronger and even (12)..... bigger! The number of blood cells in your blood increases, (13)..... the blood can (14)..... even more oxygen. The blood in your body even moves more easily through the blood (15)..... . All these things means that your body works more efficiently to keep you healthy, and you can do a lot of exercise without getting tired.

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|------------------|-------------|------------|--------------|
| 11. a) means     | b) meant    | c) meaning | d) that mean |
| 12. a) little    | b) a bit    | c) plenty  | d) a lot of  |
| 13. a) so        | b) since    | c) when    | d) as        |
| 14. a) fit       | b) carry    | c) create  | d) burn      |
| 15. a) nutrients | b) calories | c) joints  | d) vessels   |

Good Luck

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