

IMPORTANT - PLEASE READ

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Read the following article and answer the question.



The Duke of Edinburgh Award

What is it?

Since its founding in 1956, the Duke of Edinburgh Award (DofE) scheme has inspired people from all backgrounds to achieve the bronze, silver and gold awards.

Who is it for?

As long as you're aged between 14 and 24, you can complete a Duke of Edinburgh Award. Participants get a discount card, so the costs of the expedition are more affordable for everyone.

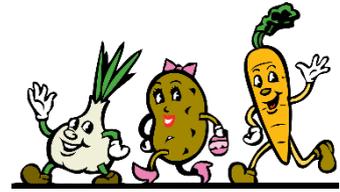
Why do it?

There are benefits to achieving a Duke of Edinburgh Award, particularly the gold level. It shows potential employers and colleges that you can stick with things long term, work hard and rise to meet a difficult challenge.

1) What is the main purpose of the article?

- to entertain
- to inform
- to describe
- to persuade

HEALTHY EATING



The food you eat contains key nutrients such as proteins, vitamins and minerals. Fibre is also vital to maintain your body's digestive system and to help control the cholesterol levels in your blood. You need a balanced diet of food from the five main food groups to get all the nutrients and fibre your body needs.

Fruit and vegetables

Fruit and vegetables are a great source of vitamins, minerals and fibre. Eat at least five portions of fruit and vegetables every day.

Meat, fish and eggs

Meat, fish and eggs, along with beans, pulses and nuts, are rich in protein. Try to eat two portions of fish a week; one of these portions should be oily fish.

Dairy foods

Dairy foods such as milk and cheese are rich in protein, calcium and vitamins. Opt for the lower fat options of these foods.

Starchy foods

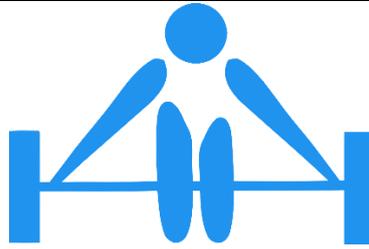
Starchy foods such as pasta and rice contain carbohydrates that provide you with a slow release of energy throughout the day. Choose the wholegrain or wholemeal variety of these foods as they are high in fibre.

High-fat and sugary foods

There are good fats (unsaturated) found in foods like avocados and bad fats (saturated), which are found in foods such as pastries. Sugary foods provide you with energy but not many nutrients so limit your intake.

- 2) Give one reason why fibre is good for you.
- It is a source of nutrients.
 - It is one of the main food groups.
 - It helps to regulate cholesterol levels.
 - It is low in fat.
- 3) Which of the following statements is/are true?
- You should eat two portions of oily fish a week.
 - Dried fruit does not count towards your five portions a day.
 - Both beans and cheese are rich in protein.
 - Foods containing fat are bad for you.

Read the following text and answer the questions.



Jim's Gym

It is recommended that an adult has a minimum of 75 minutes of vigorous aerobic activity a week and, on at least two days a week, perform muscle-strengthening exercises. At Jim's Gym, we recognise the importance of keeping fit and we want to make the experience as comfortable and enjoyable as possible for you.

We have a range of state-of-the-art equipment for cardio-vascular workout and muscle building. We also had a 20 metre pool and a spa. Every week, we run 10 classes ranging from relaxing yoga and pilates to high-energy body pump. If you're looking for a personal training programme, we have a team of six excellent personal trainers with a combined 50 years' experience between them. After using our facilities, you can complete your experience with a meal or a drink in our members-only café.

We have a choice of membership schemes to suit all: from basic membership to platinum membership which entitles you to sign in guests and access all our weekly exercise classes. (See our website for more information.)

Why not drop in to arrange your free session and guided walk through all our facilities? We hope to see you soon.

4) Does a basic membership holder have free access to the exercise classes?

- 5) There is an error in tense in the extract of the text below.

We have a range of state-of-the-art equipment for cardio-vascular workout and muscle building. We also had a 20 metre pool and a spa. Every week, we run 10 classes ranging from relaxing yoga and pilates to high-energy body pump. If youre looking for a personal training programme, we have a team of six excellent personal trainers with a combined 50 years' experience between them. After using our facilities, you can complete your experience with a meal or a drink in our members-only café.

~~Circle the error and~~ write the correct word(s) below.

- 6) Which word needs an apostrophe from the extract of the text below.

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Read the following discussion forum and answer the questions.

Recycling - is it worth it?		
Grant	Recycling saves energy, which means less carbon dioxide is being emitted into the atmosphere. It takes far less energy to make a new aluminium can out of an old one - the same with glass, plastics and paper.	
Rex	Globally, power stations emit almost 10 billion tons of carbon dioxide a year. What good is me recycling my plastic bottle going to do?	
Terri	If the recycling materials get contaminated, they have to be dumped in landfill anyway. People chuck plastic bags and other stuff that can't be recycled into recycling bins and it all gets dumped.	
Harry	The process which turns old paper into pulp to make recycled paper burns as much fossil fuel and uses as much energy as the process to make non-recycled paper. Often, the old paper is combined with fresh pulp from newly cut trees anyway.	
Sofia	Recycling paper reduces the need to cut down more trees. For every ton of recycled paper, nearly 17 trees get saved. Each of these saved trees can absorb 250 pounds of carbon dioxide every year.	
Pierre	We can't keep dumping our rubbish in landfills. The majority of rubbish buried in landfills is non-biodegradable. Generally, it is not treated, and it can be toxic and seep into groundwater, contaminating rivers, streams and our drinking water.	
Misha	One recycled plastic bottle saves enough energy to power a 60-watt light bulb for 3 hours. There are around 26 million households in the UK. If we all recycle, imagine how much energy we could save.	
Jen	Let's take a step back and consider whether we need the product and all its packaging in the first place. How about reusing that plastic container? It costs less than recycling it.	

7) Whose opinion is summarised by the following statement?

Rubbish dumped in landfills may contaminate the water supply.

8) Whose point of view would be the best response to Rex's question?

9) Whose opinion shows the least bias?

Read the following article and answer the questions.

Recycling your clothes

(1) When talking about recycling people don't seem to consider the recycling of clothing. (2) Unwanted clothing dumped in the bin ends up in landfill along with the rest of your rubbish. (3) It is a terrible waste not to pass on your unwanted clothing to a charity. (4) Most charities have shops in your local high street. (5) It is really easy to take your discarded clothes to be recycled. (6) Charities can post collection bags and make door to door collections for your unwanted items. (7) Watch out for unscrupulous businesses that make collections and then keep any profits for themselves. (8) You shouldn't just throw away your old clothes because you think they're too threadbare to resell. (9) Clothes that are too worn to be sold can be shredded and reprocessed into new items.

10) Which sentences are based on fact? (Write the number of the sentences below.)

11) Which sentences are based on opinion? (Write the number of the sentences below.)

12) Add a comma to the first sentence to separate the subordinate clause from the main clause.
