**Instructions**  
You are going to read a magazine article about John Prince, a dancer, dance teacher and choreographer. Seven sentences have been removed from the article on the left. Choose the most suitable sentence from the list A-H on the right for each part (1-7) of the article. There is one extra sentence which you do not need to use.

**Career success in the arts**  
  
**John Prince, famous dancer and choreographer, gives advice on how to succeed in a career in the arts.**  
  
I asked John how he got started and what requirements there are. "Well, to be a professional dancer it's useful to have had acting lessons or some background in drama. If you want to succeed in musical theatre you have to have a good singing voice as well. When you approach an agent you should take a portfolio with your CV, your statistics sheet and some good photos and reviews of past performances. You'll need dance clothes, ballet shoes, tap shoes, and even roller skates depending on what kind of show you are going to go for."

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| **1** |  |

"Of course, you need to be extremely fit if you want to be a professional dancer. I dance or move about for about six hours a day. There are great health benefits to being a dancer. I can eat a lot of pasta without gaining weight because dancing increases your metabolism so much."

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| **2** |  |

John has a very busy schedule in the next few months. He took time out to speak to me today from the making of a pop video to promote N-ergy's latest record. "I choreographed the dance routine for the boys and they only had 2 days in which to learn it! I am going to be working on a video for another well known band - but that's top secret. Next month I'll be touring Spain in a production of a musical that was written by a friend of mine, Michaela Evans.

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| **3** |  |

As for the future, I've come to realise that I would never be content to be just a chorus dancer - I'm too much of an individual for that. Like all artists I'd love to become a household name by writing and choreographing my own musicals."   
  
John was born in Jamaica to a Jamaican father and a Scottish mother but the family emigrated to England 20 years ago. "I have a little sister I adore, who is also training to be a dancer." How does it feel to have someone else following in your footsteps?

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| **4** |  |

Has he much more to learn, I wondered. "I've spent an incredible amount of my life training to get where I am. I went to college for two years in England, I trained for six months in Paris and about eight months in America. But you never really stop training or learning your art."

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| **5** |  |

So, would you say it's been plain sailing? "I feel I've been lucky to a degree; many people hit problems breaking into the arts. It can be a vicious circle really. You can't become a member of Equity, which is the actors' and dancers' union, without good contracts. and you can't get good contracts without being a member of Equity. My advice to people who want to get into the arts would be to go out into the world, and try everything else first.

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| **6** |  |

What has a dance career done for you as a person? "Thanks to dancing, I've visited and performed in 23 countries so far. This has opened my eyes to the world, and I've been able to understand issues like racism and inequality from a wider perspective.

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| **7** |  |

"So all in all I'm really happy to be a dancer!"

**A** It's fine, but I try not to give out too much advice as it gets irritating!  
  
**B** And if nothing you like comes out of it, then come back and be an actor or dancer.  
  
**C** Without a strict daily timetable like this you find yourself wasting too much time.  
  
**D** After that it's back to England to start a new term of dance classes.  
  
**E** Hopefully this has enabled me to become a better and more tolerant person as a result.  
  
**F** When it comes to coping with stress, I find that exercise helps me to cope with my problems, so I stay in good shape mentally as well.   
  
**G** Like any profession where you're always travelling, you tend to acquire something new almost every day.  
  
**H** Being fully equipped with all this stuff beforehand makes it easier when you go for auditions.

**Instructions**  
You are going to read a magazine article about Sarah Bryant, an acupuncturist. Seven sentences have been removed from the article on the left. Choose the most suitable sentence from the list A-H on the right for each part (1-7) of the article. There is one extra sentence which you do not need to use.

**This month in lifestyles we feature Sarah a practising acupuncturist.**

I’ve done a lot of travelling in Europe and Asia throughout my adult life and it was whilst I was teaching in China that I became interested in acupuncture.

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| **1** |  |

It was after returning from China and witnessing how successful it had been that I reached the decision to become an acupuncturist myself. I was lucky to discover that the town where I lived had a famous and well-reputed college of traditional acupuncture.

Alternative medicine is particularly important for me because I firmly believe that it works on the level of body, mind and spirit.

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| **2** |  |

Of course this medicine is very powerful and can consequently have powerful side effects. Alternative medicine like acupuncture on the other hand is aimed at treating the person as a whole. When a person’s ill, there’s something in their life which is putting their energy levels out of balance. What alternative therapies try to do is help to gradually push that energy back into balance. The result is that any disease present might naturally disappear as it cannot survive when energies are balanced.

The treatments consist largely of balancing the energy between the different meridians of a person’s body.

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| **3** |  |

Treatment aims to free blocks of energy in these meridians which may be causing ill health and which may have been there for many years.

It would be an odd state of affairs if a practising alternative therapist had not had treatment themselves and this is certainly not the case for myself.

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| **4** |  |

I’ve never suffered particularly from physical problems but treatment for my mental and spiritual wellbeing has been very successful.

I’ve treated a wide range of people for various conditions, for example people suffering from stress and anxiety and helped them to cope with stressful situations in their lives.

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| **5** |  |

There’s another woman who suffers from arthritis of the hip and at the moment I’m treating an old lady who has several health problems, one of them being Parkinson’s Disease. All these people have found that acupuncture has made them feel more balanced in themselves and they have certainly benefited from the treatment.

To date I currently own the Licentiate in Acupuncture. This course lasted three years and I had to go to the college about one weekend in three.

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| **6** |  |

I had a large amount of homework to do and practical work, which I did two or three evenings a week. This entailed locating points on different people. As you can imagine, this isn’t straightforward as people are different sizes and have different shaped bodies.

In the future I hope to set up an alternative health clinic which will involve myself as an acupuncturist but perhaps other people as well.

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| **7** |  |

I’d like to set this up somewhere in a rural setting, where people could enjoy coming not only for the treatment but where they would be able to sit and enjoy the scenery, go for walks and basically feel free from the stresses of life.

**A** These are twelve acupuncture channels along which energy travels in the human body.  
  
**B** Also on a physical level I’ve treated a woman for problems with eczema.  
  
**C** I'd like to work with practitioners of homeopathy, reflexology, aromatherapy and perhaps counselling.  
  
**D** There was a lot more to it than that though.  
  
**E** It is common for people there to have acupuncture treatment, not only if they’re ill but also to prevent the onset of diseases.  
  
**F** Contrary to popular belief, having the needles placed in your body is quite painless.  
  
**G** I’ve had a lot of acupuncture treatment and found it particularly useful.  
  
**H** This is very different from Western medicine which is supposed to work solely on the body.

**Instructions**  
You are going to read a magazine article about a type of fruit. Seven sentences have been removed from the article on the left. Choose the most suitable sentence from the list A-H on the right for each part (1-7) of the article. There is one extra sentence which you do not need to use.

**Tongue Trickster**  
  
**Never mind the tongue twister – here’s the tongue trickster  
Frank Parsons reports on the craze for a strange type of fruit.**  
  
Imagine drinking a glass of pure, freshly-squeezed lemon juice with nothing added. It’s enough to turn your stomach.

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| **1** |  |

I watch as one-by-one they down the drink, tentative at first, and then smiling broadly as they declare, “It tastes just like grandma’s lemonade.”

Fifty or so people crowd around a table on the rooftop terrace of Larry’s small but swish apartment. I edge my way forward and arrive at the table that positively groans with the array of food piled high.

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| **2** |  |

My host appears at my shoulder, and says, “Here, have this.” This turns out to be a small red berry about the size of a blueberry, but slightly elongated, the shape of a coffee bean.

He looks at the expression on my face. “It’s known as the miracle fruit. Just put it in your mouth,” he instructs, “and chew it slightly to separate the pulp from its seed.

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| **3** |  |

I obey his command and then discreetly spit the remains into my handkerchief while his glance is averted.

“Done?” he asks, turning back to me. I nod. He grabs a glass of the lemon juice from a passing waiter and offers it to me. “Now drink.” I take a small sip, and close my eyes. The guests are right.

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| **4** |  |

My host states knowingly I have experienced first-hand the phenomenon of the Synsepalum Dulcificum, or the Miracle Fruit. This small berry has the amazing effect of causing bitter or sour foods to taste as sweet as sugar candy.

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| **5** |  |

When it comes into contact with acidic foods, like vinegar, it starts to behave like a sweetener.

A native fruit of West Africa, the fruit was discovered by western explorers around 1725.

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| **6** |  |

Left uncultivated, the miracle fruit grows in bushes reaching six metres in height. It produces crops twice yearly, usually after the rainy season, and has attractive white flowers.

Despite being around for centuries it is only in recent years that the miracle fruit has been cultivated as a potential sweetener.

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| **7** |  |

Not only that – the fruit can aid patients receiving medical treatment that may leave an unpleasant taste in the mouth.

**A.**These range from wedges of fruit, strong cheeses and pickles to plates of Brussel sprouts.

**B.** It’s like I’ve been transported back to childhood, sitting on the porch with Grandma and her delicious homemade pop.

**C.** According to scientists the result happens because of a protein called miraculin.

**D.** There has been some albeit limited interest from the diet food industy.

**E.** Then push it around your mouth like you’d do with a piece of gum for about sixty seconds.

**F.** Yet that is what the guests of host, Larry Walters, are given on their arrival at one of his tasting parties in an upmarket district of New York.

**G.** Not everyone is a fan of the berry’s strange effect, however.

**H.** They first noticed its distinctive property when they saw local people chewing the berry before a meal.

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| **Instructions** Read the text and then type the correct form of the word in CAPITALS to complete the gaps. There is an example at the beginning. |

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| |  |  | | --- | --- | | **Food Production** | | | In the not-too-distant past farm animals were able to |  | | live **(0)** NATURAL lives in what we would now term | NATURE | | 'free-range' conditions. Such farming methods however, |  | | were not able to supply the rapidly growing **(1)**... | POPULATE | | of the world and the increasing demands on food |  | | **(2)** ... In order to cope with this rising demand, factory | CONSUME | | farming methods were introduced along with the **(3)** ... | DEVELOP | | of genetically engineered **(4)** ... hormones, which | GROW | | resulted in a massive increase in food **(5)** ... | PRODUCE | | However, these developments in the use of factory |  | | farming and drug **(6)** ... have led to a widespread | TREAT | | feeling that animals are being caused a lot of distress |  | | and that the quality of the food itself suffers as a |  | | consequence. Certainly, many people **(7)** ... with the idea | AGREE | | of keeping animals in one building for their entire **(8)** ... | EXIST | | and argue that more emphasis should be given to **(9)** ... | ALTERNATE | | farming methods. A growing number of people are |  | | choosing to eat organic food, supporting farmers who use |  | | free-range methods, a system which has proved to be |  | | both **(10)** ... and more humane. | ECONOMY | |
| **Instructions** Read the text and then write the correct form of the word in CAPITALS to complete the gaps. | | |

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| |  |  | | --- | --- | | **Dress Code** |  | | UK companies have received **(0)** CRITICISM from | CRITIC | | a business forum for what their report refers to as |  | | a rather narrow-minded attitude towards the dress |  | | code for office workers. This follows a case in |  | | which a male **(1)** ... working in the post room of a | EMPLOY | | large **(2)** ... in the United Kingdom received a | ORGANIZE | | **(3)** ... for wearing jeans to work. | SUSPEND | | Whilst the report accepts that there is a need for |  | | people dealing with **(4)** ... to look well dressed, | CUSTOM | | it questions whether employees who work behind |  | | the scenes necessarily need to dress formally. |  | | The authors of the report made a **(5)** ... between | COMPARE | | the UK and other European nations where |  | | employers seem **(6)**... about the need for their | CONCERN | | workers to wear smart clothes in the office. |  | | Their**(7)**... is based on research that claims | ARGUE | | workers are far more **(8)** ... when they have the | PRODUCT | | **(9)** ... to dress in a way that they feel most | FREE | | **(10)** ... in. | COMFORT | |
| Read the text and then write the correct form of the word in CAPITALS to complete the gaps. | | |

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| |  |  | | --- | --- | | **Kitchen Hygiene**  The next time you go to the supermarket don't |  | | forget to buy the **(0)** BIGGEST bottle of kitchen | BIG | | cleaner you can to **(1)** ... your work surfaces. | INFECT | | Recent **(2)** ... research in America has shown that | SCIENCE | | the kitchen is often the most **(3)** ... of all the rooms | HYGIENE | | in the home. |  | | The **(4)** ... of food, heat and dampness means the | COMBINE | | kitchen is **(5)** ... a breeding ground for bacteria that | POTENTIAL | | can cause stomach upsets and vomiting. |  | | The study at the University of Arizona examined |  | | 15 homes over 30 weeks. Levels of **(6)** ... were | CLEAN | | certainly not below average yet cutting boards |  | | and dishcloths were found to contain bacteria in |  | | far greater number than elsewhere in the home. |  | | **(7)** ... say ignorance is the cause of the problem | RESEARCH | | and point out that **(8)** ... cleaning can lead to | ADEQUATE | | serious food poisoning. |  | | The **(9)** ... ? Make sure you clean all work surfaces | SOLVE | | **(10)** ... and keep an eye on that dishcloth! | DAY | |