



Learn English Through
Stories.

U Series

U1

**Adapted and modified by
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<https://learn-by-reading.co.uk>

Contents

Vocabulary.

Seven Tests.

Leisure Activities

A. Read the text and decide which answer (A, B, C or D) best fits each space.

It is now generally recognised that stress is a major (1) of heart disease, and contributes to many other illnesses. Stress is increased by (2) such as worry, overwork and lack of exercise or relaxation. For it is just as important from a psychological point of (3) to relax as it is to (4) physical exercise. Relaxing does not necessarily mean just lazing about and doing nothing. The benefits of a weekend away or the diversion of sporting activities are considerable. If you are suffering from high stress (5), or wish to (6) after a trying day, it is generally advisable to have a change of (7) Although there are some individuals who (8) on stress, for most of us, it can lead to exhaustion, mood swings and even severe depression.

- | | | | |
|--------------|-------------|-------------|-------------|
| 1) A reason | B motive | C cause | D purpose |
| 2) A factors | B aspects | C elements | D items |
| 3) A fact | B departure | C view | D return |
| 4) A make | B have | C undergo | D take |
| 5) A rates | B layers | C ratios | D levels |
| 6) A hold up | B wind down | C draw back | D peter out |
| 7) A scene | B location | C sight | D place |
| 8) A bloom | B prosper | C thrive | D flourish |

B. Choose two items from the box which are used in each activity (1 - 8).

rod flippers goggles horse helmet lens hammer rucksack
bars armbands spanner bait mask tripod pump compass

- | | | |
|-------------------|-------|-------|
| 1. Gymnastics | | |
| 2. Scuba Diving | | |
| 3. Fishing | | |
| 4. Walking | | |
| 5. Photography | | |
| 6. Do-It-Yourself | | |
| 7. Swimming | | |
| 8. Cycling | | |

C. Both options make sense. Underline the one which forms a **common collocation**.

Last week well over a thousand people (1) took place in / took part in our local round-the-city 10-kilometre fun run. This kind of race doesn't normally (2) appeal to me / amuse me, as, frankly, I'm not really (3) cut out for / right for long distance running. But I've got two friends who are dead keen runners and who keep going on about the (4) beneficial / positive effects of running. So I decided to run, partly for that reason and partly to (5) earn / raise money for charity. Friends and colleagues agreed to (6) sponsor / support me, and pay for each mile I completed. Well, I hadn't done much training for the big event, and after two kilometres I was (7) gasping / panting for breath, so I settled down to a slow jog and resigned myself to plodding along with the (8) strugglers / stragglers at the back of the race. At least I finished, and was very pleased with myself, as I didn't need to stop. I timed myself with a stop-watch, and reckon I (9) crossed / arrived at the finishing line in 43 minutes - not bad for a novice. The heat proved too much for a few people who'd gone off too fast for their capabilities and ended up (10) suffering from / showing exhaustion. Apparently, the course was very fast, and both of my friends ran a (11) personal best / personal record. The winner (12) surpassed / broke the course record. I was actually very impressed with the whole event; the organisation was first-class, with medical volunteers (13) on duty / on standby throughout, and drinks (14) stops / stations every few kilometres of the route. So now the charity of my choice is £150 the richer, and as for me, I'm well and truly bitten by the running bug. I go running with my friends regularly now, and I'm actually starting to (15) catch up with / get near to them!

D. Complete each sentence with a word formed from the word in capitals.

1. The new leisure centre doesn't quite come up to my EXPECT
2. There was a bare of people at the youth club. HAND
3. Helen's solo crossing of the Pacific was a feat. REMARK
4. We go to the pub before lunch on Sunday. VARY
5. All the runners, with the of Mark, were exhausted. EXCEPT
6. Our club has just purchased new sports EQUIP
7. Our city has some open spaces but they are not very ACCESS
8. Is it possible to between a hobby and an interest? DISTINCT
9. Nowadays, numbers of people are taking up jogging. INCREASE
10. Leisure habits won't change much in the future. SEE

E. Read the text and decide which answer (A, B, C or D) best completes each collocation or fixed phrase.

Very few popular (1) sports today remain amateur in any sense of the word. In the past, even in cases where payment to players or athletes was forbidden, many sports tolerated what became known as 'shamateurism', and even the sports governing (2)turned a blind eye to such (3)..... as the paying of 'expenses'. More recently, sport has become, in effect, a (4)..... of the entertainment industry, and the elite (5) in sports such as swimming, tennis, football and track athletics can expect to become very rich. This worries some people, who complain that the old Olympic ideal has been lost, but the fact is, sport has become more and more professional in the wider sense, not only requiring total dedication from (6) champions, but also expensive facilities, training and nutritional advice.

- | | | | | |
|----|-----------------------|-------------------------|----------------------|---------------------|
| 1. | A audience | B watching | C spectator | D viewing |
| 2. | A associations | B confederations | C authorities | D bodies |
| 3. | A practices | B occurrences | C acts | D operations |
| 4. | A branch | B division | C wing | D limb |
| 5. | A doers | B players | C makers | D performers |
| 6. | A hopeful | B aspiring | C striving | D wishful |

F. Complete each sentence with the most appropriate word from the box.

board	draw	lap	referee	runner-up	dive	fan	oar
round	whistle						

1. While I was rowing across the lake I lost one
2. Neither team deserved to lose and the match ended in a
3. Ruth was well out in front by the end of the fifth
4. After the rugby match David was attacked by an angry
5. Brian impressed everyone with his into the pool.
6. Our gym teacher used to make us stop by blowing a
7. During the chess game Carol knocked all the pieces off the
8. Our team was knocked out of the competition in the second
9. During the match one of the spectators offered the his glasses.
10. Denise won the race and her sister was

G. Complete the spaces by finding one word which fits in all three sentences.

1. Later in the programme we have highlights of two big matches played earlier today: Ajax met Juventus while Barcelona on Porto.

The weightlifter who allegedly performance-enhancing drugs has been named today.

On my doctor's advice, I up yoga in order to relax.

2. The transfer of Mario Rossi to Manchester United has been approved by the of directors.

The new pool has a slide, water chute and diving

In any game of chess, the queen is the most powerful piece on the whole

3. Right now Evans is very in confidence; she needs to start winning a few races again.

There was a disappointingly turnout for the youth club's open day.

When you're cycling up a steep hill you will need to be in a gear.

4. the earth down around the roots after you've planted the flower.

Jim's Dad took him out into the middle of the pool and showed him how to water.

I've got my photos drying out on the kitchen floor, so whatever you do, don't on them!

5. Unbelievable - what an amazing around! Smith has come from behind to take the gold medal!

As I'd never played this card game before, the others let me have another

Walton showed a of speed that left his opponents for dead.

Answers

A. Read the text and decide which answer (A, B, C or D) best fits each space.

It is now generally recognised that stress is a major **cause** of heart disease, and contributes to many other illnesses. Stress is increased by **factors** such as worry, overwork and lack of exercise or relaxation. For it is just as important from a psychological point of **view** to relax as it is to **take** physical exercise. Relaxing does not necessarily mean just lazing about and doing nothing. The benefits of a weekend away or the diversion of sporting activities are considerable. If you are suffering from high stress **levels**, or wish to **wind down** after a trying day, it is generally advisable to have a change of **scene**. Although there are some individuals who **thrive** on stress, for most of us, it can lead to exhaustion, mood swings and even severe depression.

B. Choose two items from the box which are used in each activity (1 - 8).

rod flippers goggles horse helmet lens hammer rucksack
bars armbands spanner bait mask tripod pump compass

- | | | |
|--------------------|------------------|------------------|
| 1. Gymnastics: | horse; | bars. |
| 2. Scuba Diving: | flippers; | mask. |
| 3. Fishing: | rod; | bait. |
| 4. Walking: | rucksack; | compass. |
| 5. Photography: | tripod; | lens. |
| 6. Do-It-Yourself: | hammer; | spanner. |
| 7. Swimming: | goggle; | armbands. |
| 8. Cycling: | helmet; | pump. |



Gymnastic horse

C. Both options make sense. Underline the one which forms a **common collocation**.

Last week well over a thousand people **took part in** our local round-the-city 10-kilometre fun run. This kind of race doesn't normally **appeal to me**, as, frankly, I'm not really **cut out for** long distance running. But I've got two friends who are dead keen runners and who keep going on about the **beneficial** effects of running. So I decided to run, partly for that reason and partly to **raise** money for charity. Friends and colleagues agreed to **sponsor** me, and pay for each mile I completed. Well, I hadn't done much training for the big event, and after two kilometres I was **gasping** for breath, so I settled down to a slow jog and resigned myself to plodding along with the **stragglers** at the back of the race. At least I finished, and was very pleased with myself, as I didn't need to stop. I timed myself with a stop-watch, and reckon I **crossed** at the finishing line in 43 minutes - not bad for a novice. The heat proved too much for a few people who'd gone off too fast for their capabilities and ended up **suffering from** exhaustion. Apparently, the course was very fast, and both of my friends ran a **personal best**. The winner **broke** the course record. I was actually very impressed with the whole event; the organisation was first-class, with medical volunteers **on standby** throughout, and drinks **stations** every few kilometres of the route. So now the charity of my choice is £150 the richer, and as for me, I'm well and truly bitten by the running bug. I go running with my friends regularly now, and I'm actually starting to **catch up with** them!

D. Complete each sentence with a word formed from the word in capitals.

1. The new leisure centre doesn't quite come up to my **expectations**.
2. There was a bare **handful** of people at the youth club.
3. Helen's solo crossing of the Pacific was a **remarkable** feat.
4. We **invariably** go to the pub before lunch on Sunday.
5. All the runners, with the **exception** of Mark, were exhausted.
6. Our club has just purchased new sports **equipment**.
7. Our city has some open spaces but they are not very **accessible**.
8. Is it possible to **distinguish** between a hobby and an interest?
9. Nowadays, **increasing** numbers of people are taking up jogging.
10. Leisure habits won't change much in the **foreseeable** future.

E. Read the text and decide which answer (A, B, C or D) best completes each **collocation or fixed phrase**.

Very few popular **spectator** sports today remain amateur in any sense of the word. In the past, even in cases where payment to players or athletes was forbidden, many sports tolerated what became known as 'shamateurism', and even the sports governing **bodies** turned a blind eye to such **practices** as the paying of 'expenses'. More recently, sport has become, in effect, a **branch** of the entertainment industry, and the elite **performers** in sports such as swimming, tennis, football and track athletics can expect to become very rich. This worries some people, who complain that the old Olympic ideal has been lost, but the fact is, sport has become more and more professional in the wider sense, not only requiring total dedication from **aspiring** champions, but also expensive facilities, training and nutritional advice.

F. Complete each sentence with the most appropriate word from the box.

board	draw	lap	referee	runner-up	dive	fan	oar
round	whistle						

1. While I was rowing across the lake I lost one **oar**.
2. Neither team deserved to lose and the match ended in a **draw**.
3. Ruth was well out in front by the end of the fifth **lap**.
4. After the rugby match David was attacked by an angry **fan**.
5. Brian impressed everyone with his **dive** into the pool.
6. Our gym teacher used to make us stop by blowing a **whistle**.
7. During the chess game Carol knocked all the pieces off the **board**.
8. Our team was knocked out of the competition in the second **round**.
9. During the match one of the spectators offered the **referee** his glasses.
10. Denise won the race and her sister was **runner-up**.

G. Complete the spaces by finding one word which fits in all three sentences.

1. Later in the programme we have highlights of two big matches played earlier today: Ajax met Juventus while Barcelona **took** on Porto.

The weightlifter who allegedly **took** performance-enhancing drugs has been named today.

On my doctor's advice, I **took** up yoga in order to relax.

2. The transfer of Mario Rossi to Manchester United has been approved by the **board** of directors.

The new pool has a slide, water chute and diving **board**.

In any game of chess, the queen is the most powerful piece on the whole **board**.

3. Right now Evans is very **low** in confidence; she needs to start winning a few races again.

There was a disappointingly **low** turnout for the youth club's open day.

When you're cycling up a steep hill you will need to be in a **low** gear.

4. **Tread** the earth down around the roots after you've planted the flower.

Jim's Dad took him out into the middle of the pool and showed him how to **tread** water.

I've got my photos drying out on the kitchen floor, so whatever you do, don't **tread** on them!

5. Unbelievable - what an amazing **turn** around! Smith has come from behind to take the gold medal!

As I'd never played this card game before, the others let me have another **turn**.

Walton showed a **turn** of speed that left his opponents for dead.