

AN ORANGE A DAY KEEPS THE DOCTOR AWAY

Most people today know how important it is to have a ... (1) ... diet. If for some ... (2) ... this is not possible we have available to us a wide ... (3) ... of dietary supplements including vitamins and minerals. One of the earliest researchers to recognise the role of dietary deficiencies ... (4) ... in disease was the Scottish surgeon, James Lind. Lind analysed the diets of thousands of British sailors who had taken long sea voyages and discovered that they ate ... (5) ... or no fresh fruit such as lemons or oranges. He ... (6) ... to the conclusion that a lack of these fruits led to the disease ... (7) ... as “scurvy”. Scurvy has occurred ... (8) ... human history during times of warfare and famine when people could not get fresh foods like fruit, vegetables and meat. However, when Europeans began to make long voyages of exploration in the fifteenth and sixteenth centuries the problem ... (9) ... more acute. By the eighteenth century, more sailors were dying of scurvy on British ships than as a result of warfare. Lind proved his theory by ... (10) ... the crew of one ship with a supply of fresh lemon juice and comparing the health of the sailors at the end of a long voyage with a second crew that had had only conventional meals. Many of this second group of sailors developed scurvy while the crew who had had ... (11) ... to the lemon juice were healthy. Lind published his findings in 1753. Although he tried ... (12) ... again to get the authorities to follow his ... (13) ... it was not until 1794 that the first Royal Navy squadron set sail with enough lemon juice to ... (14) ... a 23-week voyage. The experiment was such a success that the Admiralty ... (15) ... it compulsory for all British navy ships to carry a supply of citrus fruit or fruit juice.

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|-------------------------|------------------|-------------------------|----------------------|
| 1) A) equal | B) even | C) careful | D) balanced |
| 2) A) motive | B) cause | C) reason | D) defect |
| 3) A) range | B) collection | C) set | D) series |
| 4) A) do | B) make | C) play | D) affect |
| 5) A) little | B) few | C) scarce | D) less |
| 6) A) reached | B) came | C) arrived | D) got |
| 7) A) called | B) named | C) known | D) well-known |
| 8) A) along | B) over | C) in | D) throughout |
| 9) A) turned | B) turned out | C) came | D) became |
| 10) A) providing | B) giving | C) delivering | D) bringing |
| 11) A) access | B) right | C) permission | D) admission |
| 12) A) more than once | B) repeatedly | C) over and over | D) constantly |
| 13) A) warnings | B) advice | C) suggestion | D) ideas |
| 14) A) last | B) endure | C) take | D) support |
| 15) A) had | B) got | C) did | D) made |

Think of one word only which can be used appropriately in all three sentences.

1. They say the new minister is a lovely person and very**easy**.... to talk to.

My neighbours have not had a very **easy** life, but they always seem cheerful.

It's **easy**.... enough to see why the town is popular with tourists.

2. The committee decided to**split**.....the money equally between the two charities.

I can't believe that John and Maggie have decided to ... **split** up after 20 years of marriage.

To serve a watermelon you need to..... **split**it down the centre with a sharp knife.

3. Sally's front tooth is very**loose**... I'm sure it'll come out soon.

Jane has lost so much weight that all her clothes are too..... **loose** ..

The horse got..... **loose** from the stable and started trotting towards the road.

4. The thief**slipped**..... the watch into his pocket when he thought no one was looking.

Several visitors to the castle almost **slipped** on the newly polished floor.

The speaker **slipped** a few references to the local football team into his speech, which the audience appreciated greatly.

5. Chris arrived very early for his flight in order to be at the**head**.... of the queue when the check-in desk opened.

My sister's got a really good **head** for figures, but I'm hopeless at maths.

George has just been promoted to **head** of department so he'll be even more busy from now on.

6. The restaurant**ran**..... out of fish quite early on in the evening.

The boat **ran** into a storm as it neared the French coast.

Mrs. Benson **ran** the company single-handed after her husband's death.

7. This is the exact**spot**..... where the famous scene from the film was shot.

When they felt the first **spot** of rain, they gathered the picnic together and rushed inside.

The high **spot** of my trip around India was definitely the trip to Calcutta.