

PART 3 UOE

PRACTICE

1. For questions 1 - 8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

Write your answers IN CAPITAL LETTERS on the separate answer sheet

The Importance of Exercise

It is (0) **WIDELY** accepted that regular physical activity is essential for maintaining good health. Exercise not only helps improve (1) _____ but also contributes to mental well-being. Studies have shown that people who engage in (2) _____ activity are generally healthier and live longer.

(0) *WIDE*

(1) *FIT*

(2) *REGULAR*

One of the most significant (3) _____ of regular exercise is its ability to reduce stress and anxiety. Physical activity stimulates the (4) _____ of endorphins, which are chemicals in the brain that promote feelings of happiness.

(3) *ADVANTAGE*

(4) *PRODUCE*

In addition to its mental health benefits, exercise plays a crucial role in the (5) _____ of chronic diseases such as diabetes and heart disease. Doctors often recommend regular physical activity as a way to improve overall (6) _____.

(5) *PREVENT*

(6) *STRONG*

However, many people find it difficult to stay (7) _____ due to their busy schedules. To overcome this challenge, experts suggest finding enjoyable activities that encourage (8) _____ participation.

(7) *MOTIVATE*

(8) *ACT*

Answers:

(1) *FITNESS* / (2) *REGULARLY* / (3) *ADVANTAGES* / (4) *PRODUCTION* / (5) *PREVENTION* (6) *STRENGTH* / (7) *MOTIVATED* / (8) *ACTIVE*

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The Role of Technology in Education

Technology has had a (0) **SIGNIFICANT** impact on education in recent years. With the rise of online learning platforms, students now have (1) _____ to a vast amount of information from anywhere in the world.

(0) *SIGNIFY*

(1) *ACCESS*

One of the greatest (2) _____ of technology in education is that it allows for more personalized learning experiences. Interactive tools and digital resources make lessons more (3) _____, helping students stay engaged.

(2) *ADVANTAGE*

(3) *EFFECT*

Moreover, technology has improved (4) _____ between students and teachers. Emails, video calls, and messaging apps enable faster and more efficient interactions.

(4) *COMMUNICATE*

However, there are also (5) _____ to the increasing use of technology in education. Excessive screen time can affect students' health, and not all schools have the (6) _____ to provide advanced technological tools.

(5) *ADVANTAGE*

(6) *RESOURCE*

Despite these challenges, experts believe that the (7) _____ of technology in education will continue to grow. Schools must find a (8) _____ approach that balances traditional and digital learning methods.

(7) *DEVELOP*

(8) *SUCCESS*

Answers:

(1) ACCESSIBILITY / (2) ADVANTAGES / (3) EFFECTIVE / (4) COMMUNICATION / (5) DISADVANTAGES (6) RESOURCES / (7) DEVELOPMENT / (8) SUCCESSFUL

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The Importance of a Healthy Diet

Eating a (0) **BALANCED** diet is essential for maintaining good health. (0) *BALANCE*
A nutritious diet provides the body with the (1) _____ it needs to (1) *REQUIRE*
function properly and helps prevent diseases.

One of the key (2) _____ of healthy eating is having a variety of (2) *BENEFIT*
foods that supply important vitamins and minerals. A diet rich in (3) *POSITIVE*
fruits and vegetables can have a (3) _____ impact on overall well-being.

However, many people struggle to maintain a healthy diet due to (4) *AVAILABLE*
their busy lifestyles. The (4) _____ of fast food and processed meals has led to an increase in obesity and other health problems.

Experts recommend (5) _____ meals at home as a way to control (5) *PREPARE*
ingredients and portion sizes. This approach can also be more (6) *ECONOMY*
_____ than eating out regularly.

In addition to diet, regular exercise plays a (7) _____ role in (7) *SIGNIFY*
staying healthy. A combination of good nutrition and physical activity (8) *HEALTH*
leads to long-term (8) _____ benefits.

Answers:

(1) REQUIREMENTS / (2) BENEFITS / (3) POSITIVE / (4) AVAILABILITY / (5) PREPARING / (6) ECONOMICAL / (7) SIGNIFICANT / (8) HEALTHY