

**UNIVERSITY OF CAMBRIDGE ESOL EXAMINATIONS**

**English for Speakers of Other Languages**

**FIRST CERTIFICATE IN ENGLISH**

PAPER 1 Reading

**SAMPLE PAPER**

Additional materials:  
Answer sheet

**Time** 1 hour

**INSTRUCTIONS TO CANDIDATES**

Do not open this question paper until you are told to do so.

**Write your name, Centre number and candidate number on your answer sheet if they are not already there.**

Read the instructions for each part of the paper carefully.

Answer all the questions.

Read the instructions on the answer sheet.

Mark your answers on the answer sheet. Use a pencil.

You **must** complete the answer sheet within the time limit.

At the end of the test, hand in both this question paper and your answer sheet.

**INFORMATION FOR CANDIDATES**

There are 30 questions on this paper.

Questions **1 – 15** carry two marks.

Questions **16 – 30** carry one mark.

## Part 1

You are going to read an extract from a novel. For questions 1 – 8, choose the answer (A, B, C or D) which you think fits best according to the text.

Mark your answers **on the separate answer sheet**.

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I shifted uncomfortably inside my best suit and eased a finger inside the tight white collar. It was hot in the little bus and I had taken a seat on the wrong side where the summer sun beat on the windows. It was a strange outfit for the weather, but a few miles ahead my future employer might be waiting for me and I had to make a good impression.

There was a lot depending on this interview. Many friends who had qualified with me were unemployed or working in shops or as labourers in the shipyards. So many that I had almost given up hope of any future for myself as a veterinary surgeon.

There were usually two or three jobs advertised in the *Veterinary Record* each week and an average of eighty applicants for each one. It hadn't seemed possible when the letter came from Darrowby in Yorkshire. Mr S. Farnon would like to see me on the Friday afternoon; I was to come to tea and, if we were suited to each other, I could stay on as his assistant. Most young people emerging from the colleges after five years of hard work were faced by a world unimpressed by their enthusiasm and bursting knowledge. So I had grabbed the lifeline unbelievably.

line 15

The driver crashed his gears again as we went into another steep bend. We had been climbing steadily now for the last fifteen miles or so, moving closer to the distant blue of the Pennine Hills. I had never been in Yorkshire before, but the name had always raised a picture of a region as heavy and unromantic as the pudding of the same name; I was prepared for solid respectability, dullness and a total lack of charm. But as the bus made its way higher, I began to wonder. There were high grassy hills and wide valleys. In the valley bottoms, rivers twisted among the trees and solid grey stone farmhouses lay among islands of cultivated land which pushed up the wild, dark hillsides.

Suddenly, I realised the bus was clattering along a narrow street which opened onto a square where we stopped. Above the window of a small grocer's shop I read 'Darrowby Co-operative Society'. We had arrived. I got out and stood beside my battered suitcase, looking about me. There was something unusual and I didn't know what it was at first. Then it came to me. The other passengers had dispersed, the driver had switched off the engine and there was not a sound or a movement anywhere. The only visible sign of life was a group of old men sitting round the clock tower in the centre of the square, but they might have been carved of stone.

Darrowby didn't get much space in the guidebooks, but where it was mentioned it was described as a grey little town on the River Arrow with a market place and little of interest except its two ancient bridges. But when you looked at it, its setting was beautiful. Everywhere from the windows of houses in Darrowby you could see the hills. There was a clearness in the air, a sense of space and airiness that made me feel I had left something behind. The pressure of the city, the noise, the smoke – already they seemed to be falling away from me.

Trengate Street was a quiet road leading off the square and from there I had my first sight of Skeldale House. I knew it was the right place before I was near enough to read *S. Farnon, Veterinary Surgeon* on the old-fashioned brass nameplate. I knew by the ivy which grew untidily over the red brick, climbing up to the topmost windows. It was what the letter had said – the only house with ivy; and this could be where I would work for the first time as a veterinary surgeon. I rang the doorbell.

- 1 As he travelled, the writer regretted his choice of
- A seat.
  - B clothes.
  - C career.
  - D means of transport.
- 2 What had surprised the writer about the job?
- A There had been no advertisement.
  - B He had been contacted by letter.
  - C There was an invitation to tea.
  - D He had been selected for interview.
- 3 The writer uses the phrase 'I had grabbed the lifeline' (line 15) to show that he felt
- A confident of his ability.
  - B ready to consider any offer.
  - C cautious about accepting the invitation.
  - D forced to make a decision unwillingly.
- 4 What impression had the writer previously had of Yorkshire?
- A It was a beautiful place.
  - B It was a boring place.
  - C It was a charming place.
  - D It was an unhappy place.
- 5 What did the writer find unusual about Darrowby?
- A the location of the bus stop
  - B the small number of shops
  - C the design of the square
  - D the lack of activity
- 6 What did the writer feel the guidebooks had missed about Darrowby?
- A the beauty of the houses
  - B the importance of the bridges
  - C the lovely views from the town
  - D the impressive public spaces
- 7 How did the writer recognise Skeldale House?
- A The name was on the door.
  - B It had red bricks.
  - C There was a certain plant outside.
  - D It stood alone.
- 8 How did the writer's attitude change during the passage?
- A He began to feel he might like living in Darrowby.
  - B He became less enthusiastic about the job.
  - C He realised his journey was likely to have been a waste of time.
  - D He started to look forward to having the interview.

## Part 2

You are going to read an article about a woman who is a downhill mountain-bike racer. Seven sentences have been removed from the article. Choose from the sentences **A – H** the one which fits each gap (**9 – 15**). There is one extra sentence which you do not need to use.

Mark your answers **on the separate answer sheet**.

### Downhill racer

*Anna Jones tells of her move from skiing to downhill mountain biking and her rapid rise up the ranks to her current position as one of the top five downhill racers in the country.*

At the age of seven I had learnt to ski and by fourteen I was competing internationally. When I was eighteen a close friend was injured in a ski race, and as a result, I gave up competitive skiing. To fill the gap that skiing had left I decided to swap two planks of wood for two wheels with big tyres.

My first race was a cross-country race in 1995. It wasn't an amazing success. **9** After entering a few more cross-country races, a local bike shop gave me a downhill bike to try. I entered a downhill race, fell off, but did reasonably well in the end, so I switched to downhill racing.

I think my skiing helped a lot as I was able to transfer several skills such as cornering and weight-balance to mountain biking. This year I'm riding for a famous British team and there are races almost every weekend from March through to September. **10** In fact, there's quite a lot of putting up tents in muddy fields.

Last season I was selected to represent Great Britain at both the European and World Championships. Both events were completely different from the UK race scene. **11** I was totally in awe, racing with the riders I had been following in magazines. The atmosphere was electric and I finished about mid-pack.

Mountain biking is a great sport to be in. People ask me if downhill racing is really scary. I say, 'Yes it is, and I love it.' Every time I race I scare myself silly and then say, 'Yeah let's do it again.'

When you're riding well, you are right on the edge, as close as you can be to being out of control. **12** However, you quickly learn how to do it so as not to injure yourself. And it's part of the learning process as you have to push yourself and try new skills to improve.

Initially, downhill racing wasn't taken seriously as a mountain-biking discipline. **13** But things are changing and riders are now realising that they need to train just as hard for downhill racing as they would do for cross-country.

The races are run over ground which is generally closer to vertical than horizontal, with jumps, drop-offs, holes, corners and nasty rocks and trees to test your nerves as well as technical skill. At the end of a run, which is between two and three minutes in this country your legs hurt so much they burn. **14** But in a race, you're so excited that you switch off to the pain until you've finished.

A lot of people think that you need to spend thousands of pounds to give downhill mountain biking a go. **15** A reasonable beginner's downhill bike will cost you around £400 and the basic equipment, of a cycle helmet, cycle shorts and gloves, around £150. Later on you may want to upgrade your bike and get a full-face crash helmet, since riders are now achieving speeds of up to 80 kilometres per hour.

**A** I've fallen off more times than I care to remember.

**B** I usually have to stop during practice sessions.

**C** The courses were twice as long and the crowds were twice as big.

**D** I'm not strong enough in my arms, so I've been doing a lot of upper-body training this year.

**E** The attitude was: how much skill do you need to sit on a saddle and point a bike in the same direction for a few minutes?

**F** I finished last, but it didn't matter as I really enjoyed it.

**G** Nothing could be further from the truth.

**H** It's not all stardom and glamour, though.

### Part 3

You are going to read a magazine article about people who collect things. For questions **16 – 30**, choose from the people (**A – D**). The people may be chosen more than once.

Mark your answers **on the separate answer sheet**.

---

#### Which person

- |  |                                |
|--|--------------------------------|
| had to re-start their collection?                              | <b>16</b> <input type="text"/> |
| has provided useful advice on their subject?                   | <b>17</b> <input type="text"/> |
| was misled by an early success?                                | <b>18</b> <input type="text"/> |
| received an unexpected gift?                                   | <b>19</b> <input type="text"/> |
| admits to making little practical use of their collection?     | <b>20</b> <input type="text"/> |
| regrets the rapid disappearance of certain items?              | <b>21</b> <input type="text"/> |
| is aware that a fuller collection of items exists elsewhere?   | <b>22</b> <input type="text"/> |
| has a history of collecting different items?                   | <b>23</b> <input type="text"/> |
| performed a favour for someone they knew?                      | <b>24</b> <input type="text"/> |
| is a national expert on their subject?                         | <b>25</b> <input type="text"/> |
| is aware that they form part of a growing group?               | <b>26</b> <input type="text"/> |
| insists on purchasing top-quality items?                       | <b>27</b> <input type="text"/> |
| noticed items while looking for something else?                | <b>28</b> <input type="text"/> |
| has to protect their collection from damage?                   | <b>29</b> <input type="text"/> |
| would like to create a hands-on display of their collection? . | <b>30</b> <input type="text"/> |

# The World of Collecting

**A** **Ron Barton** shares his home with about 200 sewing machines. His passion began when he was searching for bits of second-hand furniture and kept seeing 'beautiful old sewing machines that were next to nothing to buy'. He couldn't resist them. Then a friend had a machine that wouldn't work, so she asked Barton to look at it for her. At that stage he was not an authority on the subject, but he worked on it for three days and eventually got it going.

Later he opened up a small stand in a London market. 'Most people seemed uninterested. Then a dealer came and bought everything I'd taken along. I thought, "Great! This is my future life." But after that I never sold another one there and ended up with a stall in another market which was only moderately successful.'

Nowadays, he concentrates on domestic machines in their original box containers with their handbooks. He is often asked if he does any sewing with them. The answer is that, apart from making sure that they work, he rarely touches them.

**B** As a boy, **Chris Peters** collected hundreds of vintage cameras, mostly from jumble sales and dustbins. Later, when the time came to buy his first house, he had to sell his valuable collection in order to put down a deposit. A few years after, he took up the interest again and now has over a thousand cameras, the earliest dating from 1860.

Now Peters 'just cannot stop collecting' and hopes to open his own photographic museum where members of the public will be able to touch and fiddle around with the cameras. Whilst acknowledging that the Royal Camera Collection in Bath is probably more extensive than his own, he points out that 'so few of the items are on show there at the same time that I think my own personal collection will easily rival it.'

**C** **Sylvia King** is one of the foremost authorities on plastics in Britain. She has, in every corner of her house, a striking collection of plastic objects of every kind, dating from the middle of the last century and illustrating the complex uses of plastic over the years.

King's interest started when she was commissioned to write her first book. In order to do this, she had to start from scratch; so she attended a course on work machinery, maintaining that if she didn't understand plastics manufacture then nobody else would.

As she gathered information for her book, she also began to collect pieces of plastic from every imaginable source: junk shops, arcades, and the cupboards of friends. She also collects 'because it is vital to keep examples. We live in an age of throw-away items: tape-recorders, cassettes, hair dryers – they are all replaced so quickly.'

King's second book, *Classic Plastics: from Bakelite to High Tech*, is the first published guide to plastics collecting. It describes collections that can be visited and gives simple and safe home tests for identification.

King admits that 'plastic is a mysterious substance and many people are frightened of it. Even so, the band of collectors is constantly expanding.'

**D** **Janet Pontin** already had twenty years of collecting one thing or another behind her when she started collecting 'art deco' fans in 1966. It happened when she went to an auction sale and saw a shoe-box filled with them. Someone else got them by offering a higher price and she was very cross. Later, to her astonishment, he went round to her flat and presented them to her. 'That was how it all started.' There were about five fans in the shoe-box and since then they've been exhibited in the first really big exhibition of 'art deco' in America. The fans are not normally on show, however, but are kept behind glass. They are extremely fragile and people are tempted to handle them. The idea is to have, one day, a black-lacquered room where they can be more easily seen.

Pontin doesn't restrict herself to fans of a particular period, but she will only buy a fan if it is in excellent condition. The same rule applies to everything in her house.



Do not write in this box

**Candidate Name**  
If not already printed, write name  
in CAPITALS and complete the  
Candidate No. grid (in pencil).

**Candidate Signature** \_\_\_\_\_

**Examination Title**

**Centre**

**Supervisor:**

If the candidate is ABSENT or has WITHDRAWN shade here

**Centre No.**

**Candidate No.**

**Examination  
Details**

0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

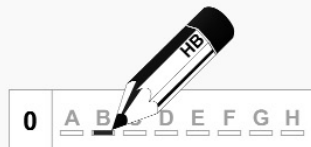
## Candidate Answer Sheet

### Instructions

Use a PENCIL (B or HB).

Mark ONE letter for each question.

For example, if you think B is the right answer to the question, mark your answer sheet like this:



Rub out any answer you wish to change using an eraser.

1	A	B	C	D	E	F	G	H
2	A	B	C	D	E	F	G	H
3	A	B	C	D	E	F	G	H
4	A	B	C	D	E	F	G	H
5	A	B	C	D	E	F	G	H
6	A	B	C	D	E	F	G	H
7	A	B	C	D	E	F	G	H
8	A	B	C	D	E	F	G	H
9	A	B	C	D	E	F	G	H
10	A	B	C	D	E	F	G	H
11	A	B	C	D	E	F	G	H
12	A	B	C	D	E	F	G	H
13	A	B	C	D	E	F	G	H
14	A	B	C	D	E	F	G	H
15	A	B	C	D	E	F	G	H
16	A	B	C	D	E	F	G	H
17	A	B	C	D	E	F	G	H
18	A	B	C	D	E	F	G	H
19	A	B	C	D	E	F	G	H
20	A	B	C	D	E	F	G	H

21	A	B	C	D	E	F	G	H
22	A	B	C	D	E	F	G	H
23	A	B	C	D	E	F	G	H
24	A	B	C	D	E	F	G	H
25	A	B	C	D	E	F	G	H
26	A	B	C	D	E	F	G	H
27	A	B	C	D	E	F	G	H
28	A	B	C	D	E	F	G	H
29	A	B	C	D	E	F	G	H
30	A	B	C	D	E	F	G	H
31	A	B	C	D	E	F	G	H
32	A	B	C	D	E	F	G	H
33	A	B	C	D	E	F	G	H
34	A	B	C	D	E	F	G	H
35	A	B	C	D	E	F	G	H
36	A	B	C	D	E	F	G	H
37	A	B	C	D	E	F	G	H
38	A	B	C	D	E	F	G	H
39	A	B	C	D	E	F	G	H
40	A	B	C	D	E	F	G	H



# PAPER 1: READING

## Answer keys

When you have finished the paper, you can check your answers below.

### PART ONE

---

- 1 A
- 2 D
- 3 B
- 4 B
- 5 D
- 6 C
- 7 C
- 8 A

### PART TWO

---

- 9 F
- 10 H
- 11 C
- 12 A
- 13 E
- 14 B
- 15 G

### PART THREE

---

- 16 B
- 17 C
- 18 A
- 19 D
- 20 A
- 21 C
- 22 B
- 23 D
- 24 A
- 25 C
- 26 C
- 27 D
- 28 A
- 29 D
- 30 B

# PAPER 3: USE OF ENGLISH

## Part 1 (Questions 1–15)

2

### Part 1

For questions 1–15, read the text below and decide which answer (A, B, C or D) best fits each space. There is an example at the beginning (0).

Mark your answers on the separate answer sheet.

Example:

0 A far B distant C remote D distinct

0	A	B	C	D
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### TWO CREATURES OF THE PAST – MAMMOTHS AND MASTODONS

The elephant has some (0) ..... relatives called mammoths, which lived in the Stone Age. More than 15,000 years ago people painted pictures of them on cave walls. Then, astonishingly, in 1799, a man walking along the banks of the River Lena in Siberia (1) ..... a startling discovery. Peering into a wall of ice, he could (2) ..... see the shape of a massive, hairy mammoth, apparently (3) ..... at him. He immediately ran (4) ..... in terror, but several days later he (5) ..... the courage to return and cut the mammoth's tusks – its two enormous teeth – out of the ice to sell them. Mammoth tusks are the biggest teeth of any known creature, some (6) ..... a length of five metres. These tusks were (7) ..... to good use, protecting the mammoths' young from other animals, and brushing away snow.

To most of us, mammoths are probably the most (8) ..... of the elephant's extinct relatives, but thousands of years earlier, in the woodlands of eastern North America, lived another of the elephant's relatives called the mastodon. Like mammoths, mastodons may also have had a hairy coat, but (9) ..... mammoths mainly ate grass on the plains, mastodons (10) ..... to eat twigs and leaves.

We do not know why mastodons (11) ..... extinct. However, computer studies of the decrease in mammoth (12) ..... suggest that it was a particular (13) ..... of over-hunting by humans, and (14) ..... in the climate at that time which (15) ..... to their disappearance.

01023 503

3

- 1 A made B took C did D had
- 2 A rather B quite C well D just
- 3 A watching out B looking out C looking after D watching over
- 4 A across B out C away D past
- 5 A grew B felt C experienced D found
- 6 A reaching B increasing C expanding D completing
- 7 A held B put C set D kept
- 8 A usual B frequent C regular D familiar
- 9 A when B while C as D even
- 10 A preferred B enjoyed C desired D selected
- 11 A turned B went C became D came
- 12 A quantities B amounts C totals D numbers
- 13 A addition B combination C attachment D connection
- 14 A transformations B adjustments C diversions D changes
- 15 A led B caused C guided D influenced

[Turn over

01023 503

5

Part 3

For questions 31-40, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. **Do not change the word given.** You must use between **two** and **five** words, including the word given. Here is an example (0).

**Example:**

0 You must do exactly what the manager tells you.

carry

You must ..... instructions exactly.

The space can be filled by the words 'carry out the managers', so you write:

0 carry out the manager's

Write only the missing words on the separate answer sheet.

31 My daughter regrets spending all her savings on that car.

she

My daughter wishes ..... all her savings on that car.

32 They are extending this motorway by 100 kilometres.

being

This motorway ..... 100 kilometres.

33 It was a mistake for the company to install the new computer system.

should

The company ..... the new computer system.

34 We mended the roof to prevent the birds from making nests in it.

so

We mended the roof ..... not make nests in it.

0102/3 S03

Turn over

4

Part 2

For questions 16-30, read the text below and think of the word which best fits each space. Use only one word in each space. There is an example at the beginning (0).

Write your answers on the separate answer sheet.

**Example:** 0

since

DEVELOPMENTS IN UNDERWATER DIVING

People have been diving without mechanical aids (0) *since* ancient times. In those days, divers mainly went underwater to search (16) ..... pearls or sponges. Various ways of supplying divers with air, and so permitting them to stay underwater for long periods of time, have been tried for well (17) ..... two thousand years. Alexander the Great (18) ..... said to have gone underwater in an early (19) ..... of diving machine, and Aristotle talked about apparatus (20) ..... permitted divers to breathe the underwater.

It was not (21) ..... the beginning of the 18th century that more advanced equipment was developed. In 1717, the first practical diving machine, or diving bell (22) ..... it was called, was invented. This was a small wooden room with an open bottom, glass windows at the top to (23) ..... in light, and a supply of air coming through leather tubes. Something similar, made of steel, is (24) ..... use today for underwater work, (25) ..... as building the foundations of bridges.

However, (26) ..... divers want to move freely underwater, they require a suit. Early suits were made up (27) ..... a leather jacket with a metal helmet over the head into which air was pumped down from the surface through tubes. Divers gained even (28) ..... freedom of movement when they could (29) ..... rid of these tubes and carry (30) ..... own air with them in cylinders.

0102/3 S03

# PAPER 3: USE OF ENGLISH

## Parts 3/4 (Questions 35–55)

6

- 35 I'm afraid I don't have time to go shopping this morning.  
**too** ..... to go shopping this morning.  
 I'm afraid .....  
 36 Matthew can't be sure that Alex will help him if something goes wrong.  
**rely** ..... him if something goes wrong.  
 Matthew can't .....  
 37 By the time we arrived at the theatre, nearly all the seats had been taken.  
**hardly** ..... left by the time we arrived at the theatre.  
 There .....  
 38 Pauline isn't trying to solve her financial problems at all.  
**effort** ..... solve her financial problems.  
 Pauline is .....  
 39 I'd rather you made less noise – I'm trying to get some work done.  
**mind** ..... much noise – I'm trying to get some work done.  
 Would .....  
 40 I shouldn't bother to clean the windows today because it's going to rain.  
**worth** ..... the windows today because it's going to rain.  
 It .....

01023 S03

7

### Part 4

For questions 41–55, read the text below and look carefully at each line. Some of the lines are correct, and some have a word which should not be there. If a line is correct, put a tick (✓) by the number on the separate answer sheet. If a line has a word which should not be there, write the word on the separate answer sheet. There are two examples at the beginning (0 and 00).

0	✓
00	been

Examples:

### WHERE I GREW UP

- 0 When I was young, I lived in a place called Coromandel in  
 00 New Zealand. I was been taken there by my parents when I was a few  
 41 weeks old, and lived there until I was fourteen years. I still think  
 42 of that period as the happiest time of my life. My life was much  
 43 uncomplicated then and Coromandel was a magical place. It  
 44 had been a busy gold-mining town, but that was long before  
 45 my family have arrived. By then it had become a very run-down  
 46 place. My father was a doctor, and people would pay to him  
 47 in sheep, pigs, hens and, occasionally, the pieces of gold. He would  
 48 have preferred paying money, of course, but they simply didn't have  
 49 any. My sister and I had no many cares at all. We went to the village  
 50 school, which together was attended by just twenty children of all ages.  
 51 Out of school hours, we looked after lots animals on the farms  
 52 around the town, although we didn't really have a clue how  
 53 long to do it. Coromandel is a large and busy tourist resort now,  
 54 but it was peaceful town when I was a child, and I would  
 55 like doing nothing better than to go back to relive my memories.

[Turn over

# PAPER 3: USE OF ENGLISH

## Part 5 (Questions 56–65) and answer keys

PART ONE	PART TWO	PART THREE	PART FOUR	PART FIVE
1 A	16 for	31 (that) <b>she</b> hadn't   spent	41 years	56 childhood
2 D	17 over	32 is <b>being</b>   extended (by)	42 much	57 various
3 B	18 is/was	33 <b>should</b> not   have installed	43 ✓	58 importance
4 C	19 kind/type/sort	34 <b>so</b> (that) (the) birds   would/could	44 ✓	59 growth
5 D	20 that/which	35 (that) I'm <b>too</b>   busy	45 have	60 third
6 A	21 until/till	36 <b>rely</b> on   Alex to help	46 to	61 requirement(s)
7 B	22 as	37 were   <b>hardly</b> any seats	47 the	62 unlike
8 D	23 let	38 making   no <b>effort</b> to	48 paying	63 strength
9 B	24 in	39 you <b>mind</b> not   making so	49 many	64 Additionally
10 A	25 such	40 isn't <b>worth</b>   cleaning	50 together	65 energetic
11 C	26 if		51 lots	
12 D	27 of		52 ✓	
13 B	28 more/greater		53 long	
14 D	29 get		54 town	
15 A	30 their		55 doing	

8

### Part 5

For questions 56–65, read the text below. Use the word given in capitals at the end of each line to form a word that fits in the space in the same line.

There is an example at the beginning (0). Write your answers on the separate answer sheet.

Example: 0

### BREAD

I'm a great (0) ..... of bread. Whenever I smell freshly baked bread, it reminds me of my early (56) ..... when I used to visit the little bakery that my grandfather owned.

LOVE  
CHILD

And, of course, there are (57) ..... good medical reasons why we should not forget the (58) ..... of eating plenty of bread. Bread contains nearly all the protein needed for children's (59) ..... and for adults to stay fit and well. We can get a (60) ..... of our daily protein (61) ..... from just six slices of bread.

VARY  
IMPORTANT  
GROW  
THREE  
REQUIRE

Bread, (62) ..... some popular foods which are not particularly good for you, gives (63) ..... to bones and teeth when they are developing and keeps them healthy as we get older. (64) ..... , bread helps us to feel (65) ..... as it contains iron as well as several essential vitamins.

LIKE  
STRONG  
ADDITION  
ENERGY

0102/3 503

