

Multiple Choice Cloze

For Questions 1-8, read the text below and decide which answer A, B, C or D best fits each space.

(0) A **mates** B acquaintances C colleagues D counterparts

How to Have Perfect Posture

Bad posture normally starts in our teenage years when we slouch around with our (0) trying to look cool. But hands up those who now while away their days sitting in front of a computer where it's (1) too easy to neglect something as essential as good posture.

As we grow older these poor (2) are exacerbated, but by taking action immediately we can not only look and feel better but protect our body for the future. Make sure you sleep on a firm mattress at night. (3) lying flat on your back; instead try sleeping in a curled position on your side. The (4) revival in platform shoes doesn't help and wearing shoes with heels more than several centimetres high is just asking for (5) Don't load everything into a bag that you wear on one shoulder or you'll end up lopsided. (6) the weight evenly by wearing a rucksack or even a bag around your waist. When you get home from a day's studying or work it's all too (7) to slump on the sofa in front of the telly. Sitting in this way may feel comfortable but it prevents you from breathing properly. Try to sit (8) with the stomach pulled firmly in.

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|--------------|--------------|----------------|--------------|
| 1 A so | B really | C all | D rather |
| 2 A customs | B habits | C rituals | D practices |
| 3 A evade | B prevent | C avoid | D restrain |
| 4 A existing | B topical | C contemporary | D current |
| 5 A concern | B problem | C trouble | D fuss |
| 6 A scatter | B circulate | C disseminate | D distribute |
| 7 A enticing | B attractive | C irresistible | D tempting |
| 8 A level | B erect | C vertical | D upright |