

B1. II

Unit 8

Exercise 1

Read the text below and think of the word which best fits each gap. Use only one word in each gap.

THE LIFE OF A BALLERINA

Many young girls dream (1) _____ being a professional ballerina one day, especially after attending their first few ballet classes as young children. When asked what they want to be (2) _____ they grow up, many young girls say, "Ballet dancer!" The dream of being on stage with a lovely pink tutu and tights while a handsome Prince lifts and twirls them around the stage (3) _____ front of a large audience is captivating for them.

What many people don't know is (4) _____ difficult life can be for a professional dancer. This is a career path filled (5) _____ very competitive "co-workers", continual stress and strain on the body and the permanent obligation of projecting the character of a beautiful and delicate ballerina. Also, due (6) _____ the demands that wearing ballet shoes puts on them, ballet dancers have to endure a lot of pain, and in many cases their feet are badly damaged due to their career.

Unfortunately, the career of a ballet dancer is short and has a tendency to end very early. Most dancers will only be able to stay employed (7) _____ professional dancers until they reach their 30's. After that, they usually stop performing and choose to open dance studios, become teachers, choreographers, or change occupation all together.

Passion, love and commitment will drive most dedicated dancers to pursue this career. Although it can be tough, the rewards of such (8) _____ artistic career can be plentiful. For many dancers, they do not imagine themselves doing anything else with their lives other than pushing their bodies to the limit in order (9) _____ express themselves using this beautiful art form.

Exercise 2

Read the article about dancing. Five sentences have been removed from the article. For each question (1–5), choose the correct answer (A–G). There are two extra sentences which you do not need to use.

Why Dancing Is Good for Your Body and Mind

Many people think that exercise has to be difficult to be effective. However, dancing shows that keeping fit can also be enjoyable. People of all ages can dance, whether they prefer modern styles, traditional dances or simply moving to their favourite songs.

(1) _____

One reason for this is that dancing improves physical health. It strengthens muscles, increases flexibility and helps the heart work more efficiently. Unlike some sports, people can choose a level that matches their own fitness and experience.

(2) _____

The benefits are not only physical. Scientists have found that dancing can also improve mental health. Moving to music helps many people relax after a stressful day. Dancing with others can also reduce feelings of loneliness because it encourages people to meet and work together.

(3) _____

Learning new dance routines is another advantage. Remembering different steps and following the rhythm gives the brain a good workout. At first, beginners often worry about making mistakes, but most become more confident as they continue practising.

(4) _____

Another positive point is that dancing is easy to start. You do not need expensive equipment, and many communities offer affordable classes. There are also plenty of free online videos for beginners who prefer to practise at home.

(5) _____

Whether you dance alone in your living room or with friends at a local class, the most important thing is to enjoy yourself. When exercise is fun, people are much more likely to continue doing it.

Sentences

- A. This is why many doctors recommend regular physical activity, including dancing.
- B. As a result, many people say they feel happier after spending time on the dance floor.
- C. For this reason, more and more people are choosing dancing instead of other forms of exercise.
- D. In fact, even twenty minutes of dancing can make you feel more active.
- E. Professional dancers usually begin training before they are five years old.
- F. Because of this, it can improve both memory and concentration over time.
- G. Some people only enjoy watching dance competitions on television.

Exercise 3

Complete the second sentence so that it has a similar meaning to the first one, using the word given. Do not change the word given. You must use between two and five words, including the word given.

1. Is there any museum worth visiting?

ABOUT

What _____ museum?

2. Do you know any good restaurants to eat?

ORDER

What restaurants do _____ have lunch?

3. What do you think I should do?

BEST

What _____ should do?

4. You could try the new Spanish restaurant in Plaza Mayor.

WOULD

If I _____ the new Spanish restaurant in Plaza Mayor.

5. You need to practice much harder if you want to qualify for the World Championship.

TO

If you want to qualify for the World Championship, _____ harder.

6. I wouldn't travel by bus; it's too dangerous

TO

I don't think _____ travel by bus.

7. I wish I could help, but I have no idea where the train station is.

SURE

I'm sorry; I am _____ train station is.