

For questions 1-8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

**Example:**

|                     |          |              |               |
|---------------------|----------|--------------|---------------|
| A <u>substitute</u> | B change | C difference | D alternative |
|---------------------|----------|--------------|---------------|

## Coffee and tea

Coffee's reputation is well-known. Allegedly, there is no **0** \_\_\_\_\_ for this beverage when it comes to sheer energizing power. A much lesser known fact is that tea, in fact, can pack a comparable **0** \_\_\_\_\_ of keeping you eager and awake. Lower levels of caffeine in tea are **2** \_\_\_\_\_ by other, much lesser known substances like theophylline and L-theanine. Both **3** \_\_\_\_\_ as stimulants for your brain, achieving an experience similar to what you get from coffee. You become more alert, aware, and are overall quick on your **4** \_\_\_\_\_.

Both drinks are **5** \_\_\_\_\_ in antioxidants – special bodies that help **6** \_\_\_\_\_ us from so-called free radicals. These can be a cause of many diseases, and the extent of their damage can go as **7** \_\_\_\_\_ as damaging one's DNA. As for the benefits, **8** \_\_\_\_\_ evidence suggests it can even make you live longer, although any real research is yet to confirm this.

|          |            |           |             |              |
|----------|------------|-----------|-------------|--------------|
| <b>1</b> | A effect   | B hit     | C punch     | D force      |
| <b>2</b> | A kept on  | B made up | C stood in  | D held on    |
| <b>3</b> | A act      | B operate | C push      | D influence  |
| <b>4</b> | A mind     | B body    | C feet      | D thoughts   |
| <b>5</b> | A full     | B filled  | C great     | D rich       |
| <b>6</b> | A rid      | B escape  | C eject     | D remove     |
| <b>7</b> | A long     | B far     | C wide      | D deep       |
| <b>8</b> | A personal | B private | C anecdotal | D scientific |

## Answers and explanations

1. **C – punch.** An idiomatic expression ‘to pack a punch’ means to have a particularly strong effect. The verb ‘pack’ is what should connect well with the choice we make. Other options could work, like ‘can have a comparable force/effect’, but naturally, this would require to change ‘pack’ to ‘have’.
2. **B – made up.** If you make up for something, you compensate for the lack of it, e.g. ‘This country makes up for its lower salaries by providing free healthcare and education’. To keep on means to continue. To stand in is to replace somebody, because the original person is not present. If you hold on to something, you keep it in your possession.
3. **A – act.** In this context, we talk about substances that have a particular effect on the human body. ‘Operate’ shouldn’t be used here as we don’t normally use it with the preposition, instead, it just takes an object, e.g. ‘to operate this machine, you need a special permission’. The remaining two verbs usually take no preposition as well, but in addition have meanings not fitting the context.
4. **C – feet.** Another idiomatic expression, to be quick on one’s feet means to have a sharp mind and the ability to make quick decisions. Keep in mind, that knowing idioms is a great help when doing CAE Use of English exercises.
5. **D – rich.** If a food or drink is rich in something, then it contains a lot of it. Used positively. Other options: to be full of something, to be filled with something, to be great for something.
6. **A – rid.** We look at the preposition that comes directly after the gap. This dictates our choice here: when you rid somebody of something, you take it away from them (can be both positive and negative). The remaining three options do not usually require a preposition.
7. **B – far.** A set phrase. When we say that something goes as far as to do (or doing) something, it means that the effect of it can be quite extreme or unexpected. For instance: ‘George went as far as to divorce Mary just to prove that he is capable of decisive actions’.
8. **C – anecdotal.** There are two real phrases here: scientific and anecdotal evidence. While the first one is clear and means something confirmed by scientists, we cannot really use it here. The last part of the sentence clearly states that no research has confirmed these findings. Anecdotal evidence means the opposite – personal and unconfirmed experiences without any scientific basis.