

FCE Reading and Use of English Part 1

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).

Preparing for the worst

We all depend on supermarkets for food and we **0 take** it for granted that the shelves will always be full. But some people believe it's best to be prepared **1** _____ there's an emergency and normal life is disrupted for a while. They say there is a risk from extreme weather or an outbreak of flu, **2** _____ more serious natural disasters. People who prepare in this way are informally **3** _____ as 'preppers', and more and more people are now listening to their **4** _____ Alison Jones from Cambridge, UK, is a typical example. She keeps a month's **5** _____ of food in a cupboard, along with bottled water and medicines that her family needs. She is aware that some people would **6** _____ her to be slightly odd, but says that, for her, it makes perfect **7** _____ to be prepared. 'We keep just enough to see us through a few weeks, so we can then **8** _____ our normal lives. Why would anyone not do that?

0	A get	B have	C make	D take
1	A even if	B in case	C provided that	D whereas
2	A although	B as well as	C in spite of	D in contrast
3	A known	B called	C named	D entitled
4	A views	B wishes	C requests	D decisions
5	A donation	B number	C supply	D delivery
6	A decide	B accept	C realise	D consider
7	A sense	B reason	C idea	D judgement
8	A go through with	B put up with	C get on with	D get away with

FCE Reading and Use of English Part 2

For questions 9-16, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

Write your answers IN CAPITAL LETTERS on the separate answer sheet.

Example: (0) **TO**

Fix it with friends

We have all got used **0 TO** buying new things, using them for a while and then throwing them away. But it **9** _____ become clear in recent years that this is not sustainable, as we are generating huge amounts of waste. **10** _____ response to this, many people are setting up informal cafes **11** _____ people can bring broken items for repair. The cafes provide tools, help from volunteers and plenty **12** _____ friendly chat. Dan, twenty-two, works at a repair cafe in Bristol. 'Many modern devices are difficult to repair **13** _____ you have the correct tools and a bit of knowledge,' he says. I don't have any qualifications, I've just picked things **14** _____ as I've gone along. The emphasis is on teaching people. 'We don't repair things for people,' Dan says. 'What we do **15** _____ help them to

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repair things themselves.' So, the next time you have something that's broken, why not look out **16** _____ a repair event near you?

FCE Reading and Use of English Part 3

For questions **17-24**, 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.

Example: **(0) FORMATIONS**

Coral reefs

We are all familiar with images of coral reefs, with their colourful rock **0** FORMATIONS created from the shells of sea creatures. Maya Beach in Thailand became famous after it was used as the **17** _____ for the Hollywood movie The Beach. Its **18** _____ as a tourist destination increased dramatically and, as a result, the coral began to suffer **19** _____ amounts of damage. The Thai authorities responded by closing the beach. **20** _____ now think they have found a solution.

They have found it is possible to collect up broken pieces of reef and **21** _____ fix them back in place, using normal household glue! Specialist **22** _____ swim down to carry out the repairs. The technique has so far proved extremely **23** _____, and the coral has started to regrow. It is hoped that the beach will be reopened one day, but the number of visitors will be **24** _____ controlled to protect the coral.

0 FORM
17 LOCATE
18 POPULAR
19 SUBSTANCE
20 SCIENCE
21 CARE
22 DIVE
23 EFFECT
24 STRICT

FCE Reading and Use of English Part 4

For questions **25-30**, 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 three and six words, including the word given.

Example:

0 People no longer try to make gold from other metals

GIVEN

People **HAVE GIVEN UP TRYING** to make gold from other metals.

25 It's been five months since I last took an exam.

TAKEN

I _____ for five months.

26 I first came to live here five years ago.

LIVING

I _____ five years.

27 We visited our grandparents every weekend.

WOULD

We _____ weekend.

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28 I didn't enjoy music lessons as a child.

USE

I _____ music lessons as a child.

29 This was the first time I had ever met Charles

NEVER

I _____ before.

30 My nephew no longer tries to do well at school

STOPPED

My nephew _____ to do well at school.

FCE Reading and Use of English Part 5

You are going to read an article about diving. For questions 31-36, choose the answer (A, B, C or D) which you think fits best according to the text.

Exploring the oceans

I guess the sea has always been a part of my life. I grew up on the coast and spent hours as a kid playing on the beach, although I was never that keen on being in the water. I had friends who were into surfing, and who urged me to join them, but somehow, I never shared their fascination with the sea. But everything changed when my uncle came to stay one summer, when I was about 15. Hearing him talking with passion about the joys of diving and the amazing things he had seen underwater awakened something in me. I started watching old TV documentaries and fell in love with the mystery of the oceans.

The basic training for your first dive is fairly straightforward. After an afternoon in a swimming pool learning how to use the breathing equipment, you head for the sea for your first real-life experience. That first moment of feeling the water close over your head, leaving you with just a little tube of air to keep you alive, is slightly alarming, and I thought at first that I might panic. Although we were in quite shallow water, it was still easy to feel disoriented and lose track of which way was up and which was down, but luckily the instructor stayed right beside us to make sure we were OK.

After building up some experience in my local area and getting more qualifications **under my belt**, I was completely hooked on the thrill of diving and keen to explore some of the more challenging and exciting diving locations around the world. I booked onto an organised trip and headed to Indonesia, home to tropical seas, amazing underwater scenery and exotic fish. From there, I've gone on to explore the oceans all over the world, from the Caribbean to Australia and the Pacific Islands.

When you spend time under water, you can't help but be amazed by the whole other world that exists below the waves, invisible to us most of the time. From huge, elegant creatures that move slowly and effortlessly through the water, to tiny fish that you notice only as brief flashes of colour as they turn with lightning speed and head off in different directions. And what really fascinates me is their attitude to you as you travel through their world, seeing you not as a threat but almost as one of them, to be quickly inspected and then rejected as of no further interest.

I have only once had a moment of fear, when I suddenly came face to face with an enormous shark while diving in the Caribbean. I recognised it at once and knew that this species could be dangerous. My first instinct was to ignore it, in the hope that it might not notice me and swim off in search of a more suitable food source. But the oxygen

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tank on my back obviously caught its eye and it moved in to investigate, swimming backwards and forwards above me until two other divers swam towards me and it decided it was time to leave.

After 15 years of diving, I have seen some wonderful and inspiring sights. But, in recent years, I have also seen first-hand the growing problem of damage to the oceans from pollution. More and more divers now give their time to help clean up the oceans that they love. I spent last summer working on a series of conservation projects in Portugal, working with a team of divers to remove all kinds of unwanted objects from the sea bed, including thousands of small pieces of plastic. **These** cause problems with the underwater ecosystem and are particularly dangerous as fish and other creatures can eat them and then, feeling that their stomachs are full, starve to death. Let's hope the world takes action in time and manages to preserve these magical environments.

31 What first led to the writer's interest in diving?

- A living by the sea as a child
- B watching TV programmes
- C listening to a family member's experiences
- D taking up a challenge from friends

32 During the training, the writer felt

- A relieved that the teacher was close to him.
- B confident about using the breathing equipment.
- C excited at thought of doing a real dive.
- D disappointed that they didn't go very deep.

33 What does 'under my belt' in Paragraph 3 mean?

- A planned
- B achieved
- C discovered
- D created

34 What does the writer find most surprising about sea creatures?

- A their amazing colours
- B the speed with which they move
- C their lack of fear of humans
- D the way they interact with each other

35 When the shark saw the writer, it

- A took no interest in him.
- B became aggressive.
- C showed that it was frightened.
- D was curious about his equipment.

36 The word 'these' (in bold) in the last paragraph refers to

- A small pieces of plastic.
- B divers.
- C unwanted objects.
- D conservation projects.

FCE Reading and Use of English Part 6

You are going to read an article about wood. Six sentences have been removed from the article. Choose from the sentences **A-G** the one which fits each gap (37-42). There is one extra sentence which you do not need to use.

From old-fashioned to high-tech

Wood has been recognised as a valuable resource for thousands of years. It has been used as a fuel and for making all kinds of things from buildings and furniture to paper and children's toys. It is easy to produce, has many different uses and is sustainable. And now it seems it may become the super-material of the 21st century.

In the past, people chose to use wood because it was the strongest material available. However, in its natural form wood is far from perfect. **37** __. qualities meant it went out of fashion in the 20,r century. Instead, architects chose concrete for buildings, which is cheap and lasts a long time. For smaller items, manufacturers preferred plastic as a lighter, cheaper alternative.

However, concrete and plastic both rely on using products made from oil, and making them produces large amounts of the gases which cause climate change. This is not sustainable, and scientists are now looking for greener alternatives, which is why they are turning back to wood. But this is not wood as we traditionally think of it. The new 'modern' wood is processed into an improved material by gluing together thin sheets of wood into large, flat pieces. **38** __. It also has the advantage that it doesn't burn.

As a result of these developments in wood technology, wooden buildings are now being put up all over the world and there is a race to build the world's tallest wooden skyscraper. Candidates include the Mjosa Tower in Brumunddal, Norway. It is 85 metres high, with 18 storeys, and includes a hotel, private homes and offices. **39** __.

In the future, wood could also be used instead of glass. Scientists in Sweden have found a way to remove the natural colour from wood. This process produces a strong, thin material, like glass, which you can see through. But it is a more sustainable material than glass, and is also good at keeping warmth inside buildings. **40** __.

Even more exciting is the idea that wood might one day replace plastic. Sulapac, a company in Finland, is working on breaking wood down into the basic plant materials it is made of. They then mix this with glue that is made from other plants, to produce a material that looks very much like plastic. The company is hoping to start selling its environmentally friendly drinking straws soon. **41** __. But, as they are made of wood, they will break down and disappear if they end up in the oceans. Similar wood-based materials could be used to make clothes, cars and even aeroplanes.

42 __. This is due to a material processed from wood that can be made into very thin sheets which are extremely strong and allow electricity to pass through them. This makes it ideal to use in electronic devices. Some companies, including the American computer firm IBM, are already using this material in their computers and electronic products, and scientists believe its use will increase over the next few years. It seems the future might indeed be made of wood!

A This means less energy is needed for heating, which is good for the environment.

B They will look and feel like the ones we are used to.

C This 'hi-tech' material is stronger than steel, yet also light and easy to work with.

D It seems that wood has a lot more

E And wood could even move into the digital world.

F It does not last very long, becomes weak when it gets wet and burns easily

G It is made mainly of wood, although there are some concrete parts to give increased stability. uses than we realised.

FCE Reading and Use of English Part 7

You are going to read an article about young businesspeople. For questions 43-52, choose from the sections of the article (A-D). The sections may be chosen more than once.

Which writer

- 43. made a decision about how to run their business while at college? ___
- 44. mentions an initial difficulty with funding? ___
- 45. experienced a health benefit from setting up the business? ___
- 46. was surprised at the speed of their success? ___
- 47. mentions experience with a similar business in the past? ___
- 48. feels grateful for help from a family member? ___
- 49. was concerned about a loss of financial security? ___
- 50. felt angry about a rule? ___
- 51. warns about the amount of work involved in starting a new business? ___
- 52. runs a business which helps with people's education? ___

Social enterprise

Are businesses just about making money? It seems not, as more and more people are choosing to set up businesses that also bring social benefits. Four young businesspeople tell us about their work.

A Melissa Evans

I worked in a supermarket and I was horrified at the amount of food that was thrown away every day - literally dumped into rubbish bins! Then, one day, a guy asked if he could have some of the food. He was obviously poor. My colleague refused, saying we weren't allowed to sell or give the food away. That really annoyed me - it was such a waste! I had some money saved up, so I set up the Social Food Store. I persuaded local supermarkets to give us food they were throwing away. This food goes into our store, then customers can come and shop for free. I couldn't believe how quickly we built up our customer numbers. People like it because it feels like a normal shop, not a charity. All the staff are volunteers, and we get funding from the local government. It's great to feel I'm helping people.

B Dan Rudofsky

I'd always wanted to set up my own company, but when I went to business school, I was alarmed that what we learnt was all about profit. It was as if nothing else mattered. That was when I made up my mind that I would do things differently. I did some research and came up with the idea of Light Up. It's an online lighting store, selling lights and lamps. For every item we sell, we donate a solar-powered lamp to a charity, for children in developing countries with no electricity at home. Light is incredibly important because it allows kids to study and improve their lives. The business is doing well. I've worked incredibly hard, but I know it wouldn't have been possible without the support and generous start-up loan my dad gave me. Hopefully, I'll earn enough to pay him back one day!

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C Helen Sousa

Homelessness is a huge problem in my city, and when I lost my job two years ago, I decided to do something about it. I had managed restaurants before, so I set up the Street Cafe. We're a normal cafe during the day, and we use the profits from this to offer free meals to homeless people in the evenings. All our staff have been homeless themselves. They often have mental health problems or a low level of education, which make it difficult for them to find other work, but I think everyone deserves a chance. We struggled to get people to invest in the business at first, but it soon became clear that it was a sound business idea. I would encourage more people to set up companies like this, although they should be aware of the long hours they'll need to put in at first!

D James Walker

I definitely believe in breaking the rules and doing something different. Three years ago, I had a high-paid job in banking. But I started suffering from anxiety because of the stress, so I quit my job and went back to college for a year. I then set up my own business, Planet Beauty, an online store selling cosmetics and beauty products. I must admit I was nervous about giving up a regular salary, and my experience wasn't really relevant to the cosmetics industry, but I was determined to make a success of it and help the planet, too. Everything we sell is plastic free and safe for the environment, and we donate 40 percent of our profits to environmental charities. I enjoy much more job satisfaction now than I ever did in my old job, and I feel much better in myself, too!

Answer Keys

Part 1

1 B – in case. The meaning of ‘in case’ is very close to ‘in the event of’, ‘if something (usually unpleasant or undesirable) happens’. Choosing ‘even if’ is not optimal because it suggests that an emergency is highly unlikely. Option C introduces a different meaning as well: ‘provided that’ means ‘only if’. Finally, ‘whereas’ is very close to ‘while’ so it does not work here.

2 B – as well as. The phrase is used to give an additional example of the kind of emergency the preparation would be useful for. Options ‘although’, ‘in spite of’ and ‘in contrast’ serve a different purpose – to introduce contrast in the sentence, which is not needed in this kind of context.

3 A – known. Here we look at the preposition ‘as’ that comes right after the gap, and the choice becomes obvious. Entitling is more common for a book or a document. Naming somebody is more appropriate when literally giving a name to a person or a thing. The word ‘called’ doesn’t work so well with ‘as’ in a context like this one.

4 A – views. It is probably the trickiest choice to make in this task. We can discard options B and C right away, as they are more fit for a positive context. Even though it is a decision to be prepared, the word ‘view’ fits better because we are talking about their opinion that something unpleasant might happen.

5 C – supply. A month’s supply of something is the amount you would go through within a course of one month. ‘Number’ has sort of the same meaning, but refers to something that is countable, whereas we are talking about things like food and other basic necessities that can be difficult to accurately quantify. ‘Donation’ and ‘delivery’ clash with the idea of an emergency situation.

6 D – consider. To consider somebody as something is to see them as that, so people might see the speaker as strange. ‘To accept something/somebody the way they are’ means to acknowledge their difference and to agree to live with it.

7 A – sense. To make sense is a well-known collocation, and it can also be modified, e.g. ‘to make little sense’, ‘to make no sense’, and in this case, ‘to make perfect sense’. If something makes sense, then it is reasonable.

8 C – get on with. To get on with something means to continue it in the usual way or fashion. ‘Go through with’ is to do some kind of action even though it might be difficult or unpleasant. To put up with means to accept some degree of discomfort or other kind of undesirable condition. Finally, ‘to get away with’ usually means to go unpunished for something negative or even illegal one has done.

Part 2

9 has. The key phrase that we base our answer on is ‘in recent years’ - it clearly implies the usage of Present Perfect. Be careful not to answer ‘had’ - we are not looking for a Past Perfect tense as there are no two things happening in the past with one preceding the other.

10 in. If something is done in response to something else, it is meant as an answer to it. ‘As a response’ has exactly the same meaning, but we do not have an indefinite article in here.

11 where. The cafes mentioned here are the places for people to bring their broken things.

12 of. When there is plenty of something, it means that there is more than enough of it. ‘Plenty of’ is commonly found in more informal texts or spoken English.

13 unless. We are looking for a word with the meaning ‘if not’ or, in this case, ‘if you do not have’.

14 up. The phrasal verb ‘to pick something up’ in this particular context means that Dan learned it through doing it, rather than because somebody taught him that.

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15 is. This is a case of structure called ‘cleft sentence’, in this particular case starting with ‘what’ that does not introduce a question, but instead stresses the fact that they help people repair things rather than do it themselves.

16 for. To look out for something is to actively try to find it.

Part 3

17 location. A rather straightforward verb-to-noun transformation.

18 popularity. Note that ‘its’ is a possessive form of ‘it’ - the only possibly confusing thing in this sentence.

19 substantial. Keep in mind that the letter ‘c’ in ‘substance’ changes to ‘t’ in substantial, so don’t lose focus when spelling the word.

20 scientists. Since there is no indefinite article before the gap, we have no choice but to use the plural form of the word.

21 carefully. We are looking for an adverb to modify the verb ‘fix’. Note the double ‘l’.

22 divers. Another case of a plural form for professions. Be careful not to give an answer that would go like ‘Professionals in diving’ as we can only use one word – we have no right to add a preposition here.

23 effective. The adjective form retains the double ‘f’ of the original noun.

24 strictly. To control something strictly means to pay extreme attention and to take measures in order to achieve the desired result.

Part 4

25 have not taken an exam. A Present Perfect form in the negative helps us rephrase the original sentence. I would recommend to avoid shortening the form: write ‘have not’ instead of ‘haven’t’.

26 have been living here for. Do not use ‘since’ here as we talk a period of time rather than when it all began – in which case ‘since’ would have made more sense.

27 would visit our grandparents. The word ‘would’ here refers to a repeated action (but not a state) from the past that is no longer happening. Remember that for a past state we must stick to ‘used to’.

28 did not use to enjoy. Here we have the negative form, so the past tense is only expressed through the auxiliary ‘did’, whereas ‘use’ remains unchanged.

29 have never met Charles. Yet another case of Present Perfect – this time dictated by the keyword ‘never’.

30 has stopped trying. Keep in mind the verb pattern of ‘stopped’ - a gerund.

Part 5

31 C. It was his uncle’s tales that ignited the flame of enthusiasm in the author. Watching TV programmes was incidental to that – and the question clearly wants you to give the first thing that made the author interested in diving.

32 A. At the end of the paragraph, the writer mentions that he felt more comfortable with the instructor right beside him. Nothing related to answers B and C is mentioned. Even though the author mentions being in shallow water, there is nothing in the text to indicate his disappointment with this fact.

33 B. The general idea of the idiomatic ‘under your belt’ expression normally refers to experience, how much exposure one has had to something. For example, if you have three years of gardening under your belt, this is exactly how long you have been doing it.

34 C. Getting the answer correctly here requires looking for a key phrase: ‘What really fascinates me...’. The author stresses their amazement at the fact that sea creatures are curious rather than fearful in the presence of humans. Other answers here are minor points that are mentioned without too much emphasis on them.

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35 D. It is said that the oxygen tank was what ‘caught its eye’. If something catches your eye it means you become interested in it. Answer A is wrong as the shark approached the writer. It didn’t get aggressive, nor fearful – at least nothing is mentioned about either.

36 A. The plastic that can get into the sea dwellers’ stomachs and which in turn might bring harm to them. Naturally, we are not talking about the divers or conservation projects here. Unwanted objects are a very general classification here and have to be narrowed down to plastic pieces.

Part 6

37 E. The sentence focuses on the natural disadvantages the wood has in its original form. The sentence after the gap confirms this idea, stating that the wood went ‘out of fashion’ - in other words, it became much less popular.

38 C. Here we talk about how this material is different from traditional wood. You might consider sentence G, but then it makes little sense to say that ‘it is made mainly of wood’. Moreover, sentence G makes a bit more sense in the gaps that follow.

39 G. The key word in sentence G here is ‘stability’. We are talking about high-rise buildings that tend to sway a bit, and wood, quite naturally, is not the strongest material available to architects and engineers. Therefore, any added stability is more than welcome.

40 A. As stated in the sentence coming before the gap, one of the benefits is that a lower amount of energy is required to keep the place warm. This is then explained further in sentence A.

41 B. ‘They’ that sentence B starts off with are the straws that would normally be made of plastic. As we have established previously, materials like plastic are not sustainable and are far from environmentally friendly. These issues are mentioned right after the gap, highlighting how the new wooden straws solve both of these problems.

42 E. While it is usually not a good idea to start your sentence, and especially a paragraph, with a conjunction (‘and’), it is used here for emphatic effect. In other words, the author wants to focus on the fact that wood can even find its use in electronic components.

Part 7

43 B. The speaker didn’t like the fact that at their business school (the college mentioned in the task) profits were given priority over everything else. Answer D is a trap – they do use the word ‘college’ explicitly, but there is nothing there leading us to believe that the speaker came up with their business idea while studying there.

44 C. The speaker mentions having struggled with finding investors at the beginning – the initial difficulties from the task.

45 D. Last sentence clearly states that the speaker feels much better now, as opposed to have been afflicted by anxiety at their previous job.

46 A. Melissa was really surprised at the rate with which they managed to build up their client base – in other words, the number of people who found their services useful.

47 A. She mentions having worked at a supermarket before. The business idea is quite similar, instead it is charity-based, but in essence, it works like a regular supermarket, but without any money or profit involved.

48 B. Dan expresses his gratitude to his father, who had provided him with a loan to help him start his enterprise.

49 D. James says that quitting his job meant he would no longer have the financial security of being paid salary. It was a risky move to try his hand at running his own business, which brought some anxiety.

50 A. Melissa mentions feeling annoyed at the unfairness of her company policy regarding food that had to be thrown away. Instead, it could be given for free to those in need.

51 C. In the last sentence Helena warns potential entrepreneurs of all the hard work they will have to put in,

especially at the beginning.

52 B. Dan says that lightning is an integral part of the education process, and his business helps kids in poor countries with that – they give away solar-powered lamps to facilitate their studies.

Vocabulary

The vocabulary below is meant to help you with the more difficult words. If the word isn't on the list then you are either supposed to know it at this level or it is too specific to be worth learning for the exam. Symbols in brackets mean part of speech (see bottom of the list). Sentences in italics give examples of usage for some more complex words and phrases.

And remember — you are not given a vocabulary list (or a dictionary) at your real exam.

Part 1

To depend on something for something – a clear, understandable phrase in itself, it nevertheless gives us nice examples of two different usages of prepositions.

Disrupted (adj) – out of order, balance, or not in the usual functioning state for any other reason. *Disrupted sleep can seriously affect your general quality of life.*

An outbreak of something – a situation when something negative or unpleasant happens suddenly and on a massive scale. *Gun violence outbreak was mostly associated with a recent change in firearms ownership legislation.*

Prepper (n, inf) – a prepper is a person who prepares for something, usually a war or any other extreme situation in which a prepared person would have a serious advantage over those whom the situation caught by surprise.

To see somebody through some period of time – to have enough of something to last you for that long. *I had just enough money to see me through this month, then I will have to find a job no matter what.*

Part 2

Get used to doing something – to be accustomed to some activity. Note that the gerund form is required here.

Sustainable (adj) – if some practice is sustainable, it means that it can be continued for a long (or even indefinite) time because it is reliant on renewable resources. Contrastingly, 'unsustainable' requires finite resources, those that can run out.

To pick things up – to learn something through practice, not by studying to do it in a formal or academic way. *I picked up the guitar last summer because I was bored and didn't have much else to do.*

Emphasis (n) – focus or stress. If you put emphasis on something, you want to show that it is particularly important.

To look out for something (also, to be on the lookout for something) – to search for something actively, with the intent to find something particular.

Part 3, 4

Household (adj) – relating to house needs or purposes, as opposed to professional or industrial applications. *Simple household items can be turned into makeshift weapons if they have to.*

Carry out (phr v) – to perform. *It took the specialists three hours to carry out the surgery.*

Part 5

To be into something – to be interested and actively involved in it. *I am aware that most people are really into watching movies, but I personally find this rather boring.*

Urge (v) – if you urge somebody to do something, you tell or even force them to do it as soon as possible. *I was urged by my parents to respond to the job offer.*

Awaken (v) – used figuratively here, it means to bring something to life, to activate something that was previously inactive.

Straightforward (adj) – not complicated, right to the point. *Lifting weights is not as straightforward as it may first appear and actually requires a very systematic approach with proper diet and even a rest schedule.*

Shallow (adj) – the opposite of deep. It is used literally here, but you might also see it used figuratively. In the latter case it means lacking substance, uninteresting, e.g. a shallow person is one who isn't of much interest.

Lose track of something – to become lost or confused with something that you should be keeping in mind. *I have lost track of days we spent trying to find a good holiday destination that we could comfortably afford.*

Hooked on something – to get very interested in an activity. *I got hooked on reading thanks to our literature teacher, she basically introduced us to the magical world of fiction.*

Head to (v) – to go somewhere. *We headed to the nearest pub even though we had about four hours before we would have to be back to work.*

Effortlessly (adv) – without needing much energy to do something, easily. *I would solve most math problems effortlessly, although they seemed impossible to most students in my group.*

Species (n) – a particular type of living thing. Note that both the plural and the singular form look the same.

Suitable (adj) – fitting a particular purpose or situation. *I didn't have any suitable clothes for the party, and that is why I ended up not going there.*

Stomach (n) – the part of your body where the food you have eaten gets digested.

Relieved (adj) – having the sense of relief, i.e. feeling much easier because something difficult, stressful or dangerous is already over.

Part 6

Recognise (v) – to understand and accept some quality of something. *Our school is recognized as one of the more prestigious in the city.*

To go out of fashion – to stop being popular or in demand.

Break down (phr v) – (here) to separate something into its basic parts, to take something apart.

Part 7

To run something – to control something, to be in charge of it. *I had to run my father's company in his absence.*

Throw something away – to get rid of something because you no longer need or want it.

Dump (v) – see previous entry. To throw something away, especially in a careless or inappropriate way.

Persuade (v) – to make somebody change their mind, to convince. *I had to persuade my mother to let me get a part-time job.*

Build something up (phr v) – to increase something gradually, over a period of time. *I build up my client base by ensuring they get the best service possible.*

Charity – a place, company or general practice to provide things or services without expecting to get any money in return.

To make up your mind – to reach a particular decision, especially if it takes you a lot of time.

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Generous (adj) – ready to give something for free, such as money, food or any other thing, without asking money for it. Also see charity.

Loan (n) – a sum of money you get from a person on the condition you pay it back over time.

Struggle to do something – to find something to be particularly difficult to achieve. *I always struggle to keep up with other kids when we play physically demanding games like football.*

Set something up (phr v) – (here, about a business) to start or establish one.

Anxiety (n) – a constant feeling of nervousness, usually without an apparent reason.

Relevant (adj) – immediately related or connected to something. *The questions that the students asked the professor were not very relevant to the topic of today's class.*